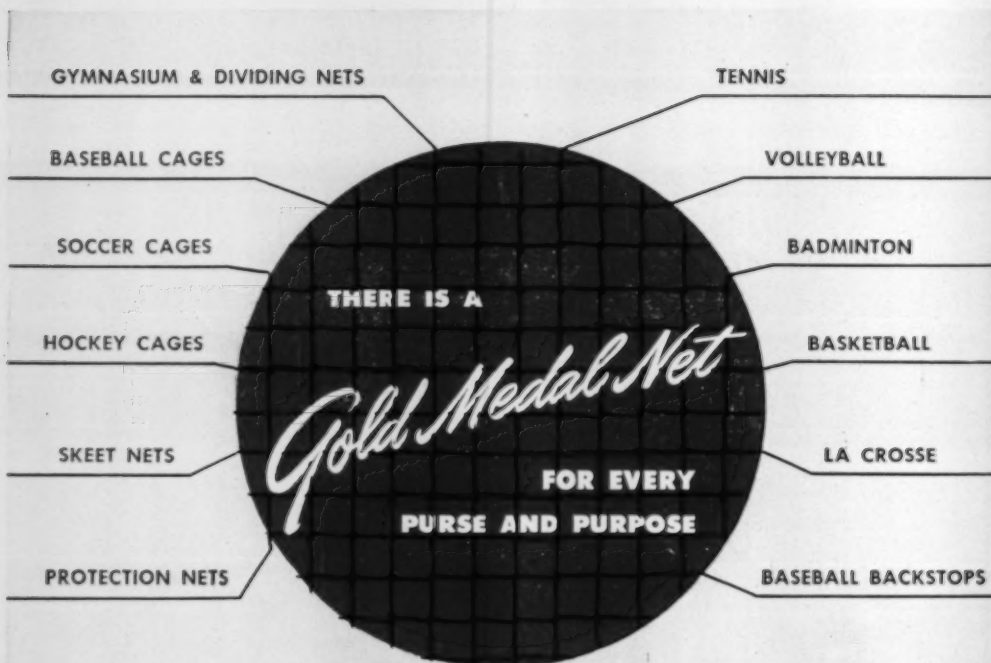


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## IN THIS ISSUE

HERE BELOW (Another 15-Foot Vault)	5
TENNIS DOUBLES by George L. Seewagen	7
SECOND BASE PLAY by Ethan Allen	8
EMIL ZATPEK by K. Kerssenbrock	10
VILJO HEINO by Richard V. Ganslen	11
PLAY OF THE SHORTSTOP by Honus Wagner as told to Les Biederman	12
SORE ARMS by Frank Wiechec	14
ORGANIZATION FOR LARGE MEETS by M. S. Kelliher	18
SMALL SCHOOLS VS. LARGE SCHOOLS by W. Harold O'Connor	22
SOCCER OFFICIATING by Glenn F. H. Warner	24
NEW EQUIPMENT	28
SCHOOLBOY GOLF PROGRAM by Phil Dienoff	30
THE CASE FOR SCHOOL BOXING by I. Edward Gersh	32
HIGH DIVING (Illustrated by Zoe Ann Olsen)	36
COACHES' CORNER	42
1950 EQUIPMENT CATALOGS	46
COACHING SCHOOL DIRECTORY	64

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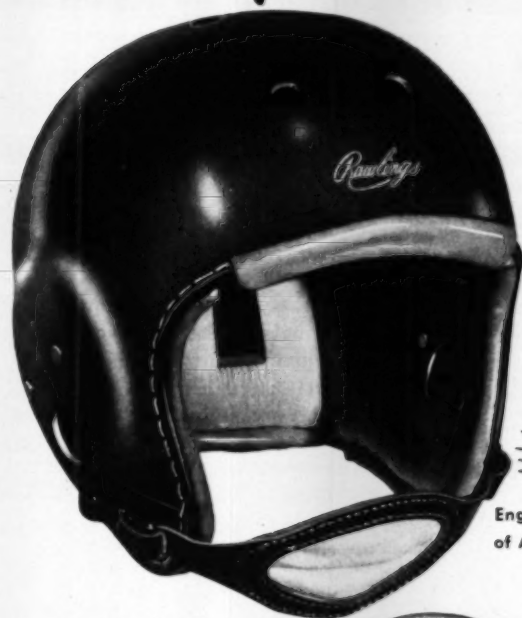
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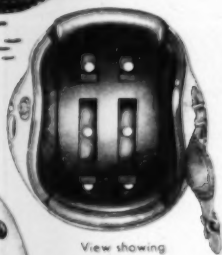
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# NP-27

## Another 15-foot vaulter

**P**OOR Cornelius Warmerdam. His monopoly on stratospheric flights has been broken. He no longer is the *only* man ever to vault 15 feet. He is now merely the *first*. Back in January, a young Illinois vaulter named Don Laz boosted himself over the magic height, and thus soared right into Warmerdam's aerie in the record book.

We must admit that Laz's epic feat did not stun us. For weeks our pal, Dick Ganslen, had been warning us about him. In fact, just a few days before Laz shoved off on his historic flight, Dick wrote us: "Laz continues to be the best vaulter in the country, if not in the world. Last week he cleared 14 ft. 5½ in. and almost went over 15. Yesterday he did 14-3½."

And if anybody should know a great vaulter when he sees one, it is Ganslen. Dick, now a physical education instructor at Illinois, was the national pole vaulting champion back at Columbia in 1939.

As you'd expect, he knows more than somewhat about the event. He has written a half-dozen articles for us over the past several years, and they were absolutely tops. He has also lectured at numerous colleges and has done an enormous amount of research work both in America and Europe.

Although he carries a heavy schedule at Illinois, he still manages to squeeze in some volunteer track coaching. Having a photographic eye and a "green thumb" with beginners, he has been turned loose on the pole vaulters. And he has been doing quite a job with them.

When we heard that Laz had become the second man in history to clear 15 feet, we promptly put the heat on our man Ganslen. Give us the dope, we pleaded—what's Laz like, how does he do it, etc. Ganslen came through like a major, and here is the poop—right from the feedbox.

**T**HE first point I'd like to make is that Laz actually cleared 15 feet. I mention this because some of the writers ridiculed the circumstances under which the record was made. That "little" intersquad meet they poked fun at was witnessed by over 3,000 spectators.

We never asked for official recognition of the mark. But both the chief referee and myself measured the jump, and we know how high Laz went. In fact he cleared a bit over 15. There was at least three-fourths of an inch daylight under his body.

Yet a year ago, Laz could not vault 12-6 decently. In December I put him on a diet of fundamentals. I made him work on them until he could clear 13-3 with form. I then predicted he would clear 14 before his first meet in January. Laz failed me—he did it in his second meet, clearing 14 ft. 5½ in.

I'd like to emphasize that there is nothing exceptional about Laz or his form. He does what I think many other American vaulters can and will do once they grasp the mechanics and tie it in with the new psychology.

The vaulter of today and tomorrow must not think of the 15-foot vault as insuperable—that it is only within reach of a Warmerdam.

**L**AZ is 6 ft. 2 and weighs between 176 and 180 pounds. He has to work hard to hold his weight at that level. A fine all-around athlete, he plays football, broad jumps about 23-6 regularly, and high jumps close to 6 feet.

Although he can run the hundred in about 10.5, he doesn't run that fast on his approach. He hits the takeoff at nearer a 10.8-11 rate of speed on the majority of his vaults. We have not timed him since it is not very important.

Laz's arm strength is indicated by the fact that he can chin himself a remarkable 13 times (overhand

style). He trains a lot on sit-ups and high jumping, vaulting only twice a week. He occasionally clears 14 feet in practice, but more often does 13-6. He takes about 10 to 12 jumps a workout.

**L**AZ holds the pole 13 ft. 7 in. from the end, or 12 ft. 11 in. from the ground. Though he has a very fine swing, it sometimes gives him trouble. He has been taught not to jack, and clears with a moderate arch. He does not stress push-up, but goes into it naturally from the swing and turn. Hence, there is nothing deliberate about it.

Don has one outstanding quality. He does what he has been told to do until he masters it. In December and early January he looked terrible. He didn't get over 13-6 until the day before the Christmas recess.

Bob Richards, the former Illini champion who still works out with us, has been an inspiration to Laz. Bob's exuberance and disdain for heights has greatly helped Laz psychologically.

Incidentally, it has taken me since Christmas to convince Richards that the only way to clear 15 feet is with the flyaway arch style. He would have cleared 15 weeks ago except for his jackknifing. After missing it in Boston and Philadelphia, he told me he was convinced about the flyaway arch and asked me to show him what to do. You saw the results—14-11½.

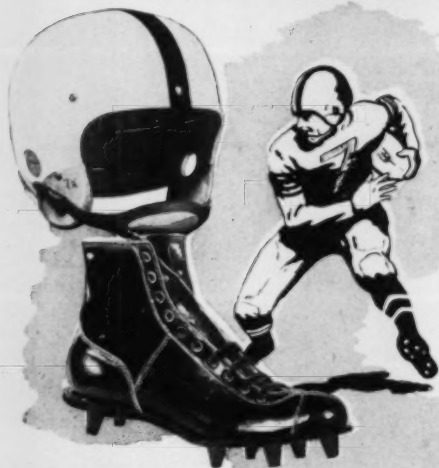
Richards will go still higher, and once he holds his form he should consistently start clearing 15. He tends to revert to the jack on some jumps, particularly when tired.

He has missed 150 practice attempts at 15 so far. But he does 14-6 regularly. He holds the same as Laz, but runs faster and is stronger, though four inches shorter.

You may also be interested to know that we have an excellent negro prospect in the person of a  
(Concluded on page 61)



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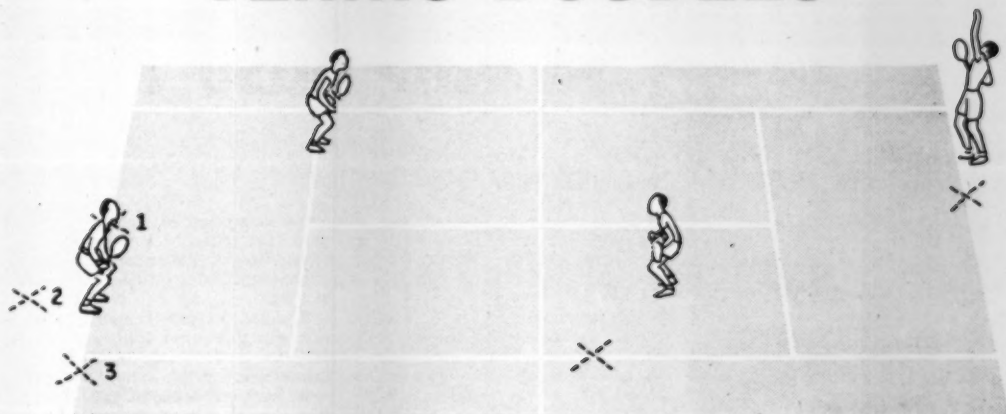


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# TENNIS DOUBLES



By **GEORGE L. SEEWAGEN**, President, Professional Lawn Tennis Assn.

**S**CHOOLS with burgeoning tennis programs often discover, much to their vexation, that their courts cannot accommodate all the students who want to play.

What to do about it becomes a real problem. The ideal solution, of course, would be to build enough courts to accommodate everybody. But this isn't always feasible. Some other avenue must be explored.

Perhaps the simplest solution, even though it may be just a stop-gap measure, is to heavily accent the doubles game. In addition to offering all the thrills indigenous to the sport, the doubles game enables the instructor to make maximum use of the available facilities.

Merely stressing the doubles game is not enough, however. The game must be properly taught.

Most people believe that any two good singles players can make a good doubles team. This is not necessarily true. For one thing, the two games differ in theory more than is immediately apparent. A shot that is correct in singles might be all wrong in doubles.

A good doubles player must have a more varied repertory of shots than the singles player. He must:

1. Be a good volleyer, adept at volleying "down the middle" and at angling the ball to the sidelines.

2. Have a steady, dependable service, preferably a good spin service which will enable him to get to the net more easily.

3. Be consistent in getting his first service "in."

4. Be able to lob well.

5. Be able to keep the ball low on his returns.

6. Have a good return of service.

7. Possess a reliable overhead smash.

8. Be a team player, not an individualist.

Possibly the first essential of a good doubles team is teamwork. No matter how outstanding the players may be, they must integrate their games or they will never realize on their full potential.

It is extremely important for each player to have confidence in his teammate and to treat every mistake as a team error rather than as an individual's. Too often an outward sign of irritation is sufficient to destroy the partner's confidence in himself and the team.

The doubles team which can consistently get to the net will usually be returned the winner. Too many beginning doubles players avoid going to the net for fear of the errors they are bound to commit. These errors are all part of the learning process, and the beginner should be constantly reminded that everybody makes them while learning and developing his doubles game.

A player will never learn to volley well or correctly return shots at the net merely by reading books or by knowing what he is supposed to do in the various situations. Only constant practice will reduce the number of errors made in stroking and tactics.

The hardest shot to handle in

doubles is the one hit down the center of the court. This is known as "the center theory in doubles." This shot is more apt than any other to throw the team out of position and to cause the players to interfere with each other—sometimes to the point where, in an effort to avoid this interference, no attempt will be made to return the shot.

By covering the center of the court, a team will enhance its opportunity to score a placement with a short angled return to either sideline.

A better knowledge and understanding of the mechanics of sound doubles play and tactics will not only tend to improve the doubles game but will make it more enjoyable.

The accompanying diagram helps illustrate some of the fundamental elements of good doubles play.

**Correct position play for the server and his partner:** The server stands approximately midway between the center of the court and the singles sideline. As he follows his service to the net, he will thus be in the best possible position to handle any return. It is essential for him to move in toward the net as quickly as possible to assure getting into good volleying position.

The server's partner should stand about 9 or 10 feet from the net at about the same distance from the sideline (doubles). From this position, he is equally prepared to protect the center of the court and to

(Continued on page 60)



# Second Base Play

**I**T IS axiomatic in baseball that a good ball club is always strong up the middle—catcher, second base, shortstop, and center field. The second baseman is a vital link in this chain and plays a leading role in the success or failure of a team.

Undoubtedly the greatest asset of a second baseman is quickness. He must start and move fast, and throw with trigger-like rapidity. While an extra strong arm is not needed, it is necessary to get the ball away with maximum speed.

There are two particular situations that demand a quick arm. One is the slow-rolling ball between first and second. A good second baseman should be able to field this ball and flip the arm across the chest to get his man at first.

This is normally done by stepping in the direction of the approaching ball and making the play in one continuous action. The second baseman should yell "I have it!" on the majority of such balls so that the first baseman can cover the bag.

On some slow-hit grounders, the ball is fielded in the base-line. If a runner is coming from first, the second baseman should attempt to tag him, then throw to first for a double play.

In the event the runner goes out of the base-line, the second baseman should know that running more than three feet out of line to

avoid being tagged is an automatic out. This is important because the runner might otherwise be pursued at the expense of retiring the batter at first.

The double play is another situation which requires split-second use of the arm. In many instances it is impossible for the second baseman to be perfectly balanced for a throw. But a quick flip of the arm can do the trick.

Fast starting is again at a premium. If the second baseman can break toward the bag as soon as the ball starts in the direction of short or third, he will usually arrive in good position for a double-play throw.

The footwork for the throw varies with individuals. If the second baseman can get to the bag quickly, either inside or outside technique can be employed. But when arriving late, only over-the-bag footwork can be used.

This is often determined by the speed of the batted ball. For instance, on a very hard hit grounder to the shortstop or third baseman, there is less time for conventional footwork at the bag; that is, unless the fielder times his throw with the approach of the second baseman.

Another unusual involvement concerns the ball hit to the third-base side of the diamond by a left-hand batter. Normally the defense looks for this player to hit to right field. Consequently, the second baseman is far from the bag. Under the circumstances, the second baseman should be happy to get a force out at second. Whenever the chances of a double play are slim, it is best not to get hoggish. Otherwise, even the force-out might be missed.

One of the most important duties of the second baseman is to cover first base on sacrifices. This duty never varies. Hence, in all sacrifice situations, the second baseman should move in and over toward first from his regular position, so that he can break to the bag if the ball is bunted.

It is also advisable for the second

## THE SLOW ROLLER

(Demonstrated by Joe Gordon)

The slow-hit grounder is one of the hardest plays a second baseman is called upon to make. It demands a quick arm and the ability to field the ball and flip the arm across the chest in one continuous motion. In this strip, Joe Gordon shows exactly how to do it. Note that he really gets down for the ball, and makes the scoop out in front with both hands. The ball is thrown on the move without straightening up. As the right foot comes forward, Gordon brings the ball back and makes a quick sidearm snap across the chest.

## By **ETHAN ALLEN**

*Baseball Coach, Yale University*

baseman, when performing the cover duty in steal situations, to move several steps in after the ball passes the batter. This protects against a delayed steal, since it gives the catcher a target if the runner breaks late.

The shortstop and second baseman must team up to keep second always covered, especially in steal situations. This is normally done by pre-game planning. In amateur ball, the coverage usually conforms to the hitter, since lefty batters naturally hit most balls to right field and righty batters usually hit to left field.

Thus, the second baseman would cover first with a righty batter up, while the shortstop would cover with a lefty up.

In covering, with first and third bases occupied, it is advisable to take a position in front of the bag, then break in to take the throw if the runner on third attempts to score.

This depends, of course, upon the strategy of the coach. It may be desirable to prevent the run in some cases, and to concentrate on the runner coming from first in other situations.

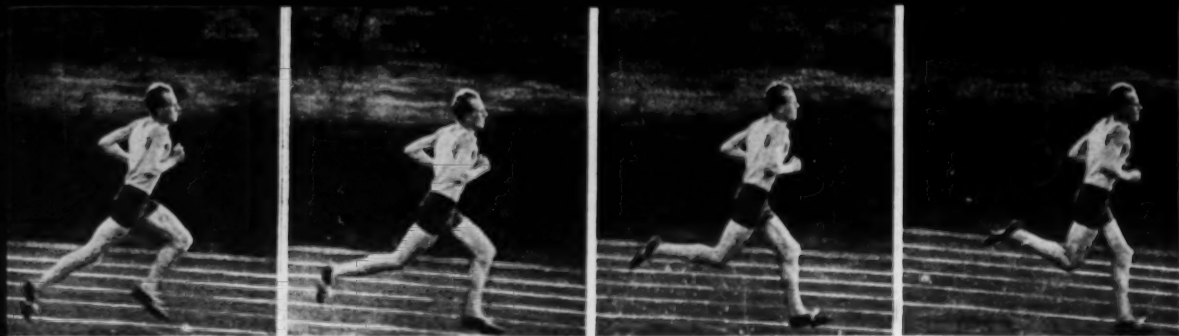
On long hits, the second baseman covers according to the location of the ball. He covers if the ball goes to the left or left-center fields, and runs to the outfield to relay the ball back to the infield on hits to right or right-center fields.

### **INSIDE DOUBLE PLAY**

*(Demonstrated by Joe Gordon)*

The great Indian second baseman receives the ball just as his right foot comes down at the side of the bag. He makes the play by dragging this foot across the sack and taking a short hopping step inside the base line. This takes him out of the path of the incoming runner. Gordon then steps toward first with his left foot and makes his throw with a quick sidearm action. The right foot comes through after the throw, bringing Gordon into a perfectly balanced position.





# EMIL ZATOPEK ▶

**By K. KERSSENBROCK**

*Track Coach, Czechoslovakia*

**I**N 1941 the provincial town of Zlin (Czechoslovakia) held a cross-country meet. The local trade school was supposed to furnish a team. But it was one man short. So it talked a 19-year-old student named Emil Zatopek into filling the gap.

To everyone's surprise, Zatopek, who had never worn a pair of running shoes to that day, crossed the finish line in second place.

That was the beginning of his career. Spurred by his initial success, he began to run. And in that same year we find him finishing 27th in the national 1500-meter run. His time—4:20.

Slowly Zatopek improved. Seven years later, through tremendous diligence and will-power, he wound up as the 1948 Olympic champion in the 10,000-meter run. The accompanying chronology of his accomplishments and best times best illustrates his progress over the years.

Those searching for "the sensational" in his training will be disappointed. His training is most simple. Despite much well-meant advice to abide by the Swedish "Fart-

lek" formula or to train like this or that great runner, Zatopek runs just as it suits his fancy.

Fundamentally, his accomplishments may be attributed to his daily training throughout the year. Wind, rain, snow, or heat never daunts him. He trains without interruption. If his job takes him to a rural area, he merely makes his track in a forest, field, meadow, or even a dirt road.

When in the city—his permanent home is Prague—Zatopek trains on a regular track, regardless of the season. In inclement weather, he dons military hobnailed boots. Otherwise he wears track shoes with rubber soles or short spikes, depending upon the condition of the ground.

His actual training is a combination of repeated short runs at alternating paces. During a typical practice session, he will run five 200-meter bursts, then twenty 400-meter stints, and close with five more 200-meter bursts. These stints are not independent runs. They are connected by "recovery runs" of about 200 meters, performed at a light trot.

The formation of the pace and the number of intervals are based on the season, current conditions, weather, and his schedule of meets.

During the winter, both the distances and the intervals between them are run more slowly. As spring approaches, Zatopek intensifies his pace and brings his respiration into balance during the intervals by a light trot.

When working on speed, he inserts more 200-meter runs into his schedule. When desiring to increase pace, he runs more 400 meters—to the point where he may be doing between 30 and 40 of them. The writer once saw him do 60 such 400-meter sprints in one training period!

The enormity of this schedule becomes apparent when you total up the distance. It comes to 24 kilometers. Add the "recovery runs" and you get a distance of 36 kilometers (or 22.37 miles)!

Naturally Zatopek doesn't do this in every practice session. But he does reach this climax about two or three times a month, following which he always eases up a bit. During the past year, however, when he was concentrating on long-distance work, Zatopek ran sixty 400-meter bursts ten days in a row!

The Olympic champion doesn't run any set distances for the purpose of developing endurance. The endurance takes care of itself. It is

*(Continued on page 49)*







**O**NE visits the European countries with high expectations of discovering the deep dark secret of their supremacy in long distance running. But one always comes away disappointed. The truth of the matter is—*there is no secret.*

The principle differences in Scandinavian distance training, as opposed to the American plan, are primarily philosophical and psychological. These, in turn, have widespread physiological implications.

One concludes, after observing the Scandinavians, that they step onto the track with the preconceived intention of making good time in the race. They do not believe in wasting time on fruitless jockeying back and forth. They plan their pace carefully and run every race to their maximum capacities.

These methods of running are diametrically opposed to the general American system. Many American coaches and athletes feel they can learn to run 1:55 halves and 4:10 miles by training at 2:00 and 4:20 times—the assumption being that the pressure of competition will cut off the extra seconds.

Nothing could be more wrong. This entire concept is based upon fallacious psychological and particularly physiological principles.

It is a physiological impossibility to condition the circulatory system

to a 65-second quarter-mile pace, then go into a race and step up this pace to 62 or 63 seconds and expect to get the same functional efficiency.

The heart, lungs, and muscles have an optimal rate at which they can perform most efficiently and to which they must be accustomed to in training. Changing the pace in running disrupts the system by overloading it and destroys its natural rhythm. Hence the athlete does not perform up to expectations.

The European runners have achieved success by adopting the principle of "evenness of pace" throughout the race insofar as possible. Although this may seem tactically unexciting, it produces the best times. Training is thus carried out with as much concentration as possible on the competitive pace. This is the fundamental principle upon which Swedish "Fartlek" is based.

In other words, if you wish to train men to run a 1:55 half mile, train them at a pace that will bring them home in this time. That is, two, successive 57.5 second quarters.

How is this possible?

After a suitable warm-up period, send the athlete out to run as far as he can at the 57.5 pace. During the first week of training, he may be able to run only 700 yards and the following week 750 yards. But after 4-6 weeks, he should be able to complete the whole distance.

Any deviation from the pace plan, such as slowing down, means you are now training 1:58 or 2:00 half-milers. The plan must be adhered to despite early season training disappointments. The principle is the same for all longer distances, only the pace is varied.

Early in July, the writer saw several outstanding Swedish runners leave the track after a blistering 3½ laps of a 1500 meters race because they did not have the capacity to finish this early in their training. Later in the season these men were running 1:52 and 3:50's.

Strand's development has been attributed to the fact that during the peak of Hagg's career, Strand was often the pace-setter who fell by the wayside in the last few hundred meters.

(Continued on page 57)

## ◀ VILJO HEINO

**By RICHARD V. GANSLER**

*Instructor, University of Illinois*



By **HONUS WAGNER**

as told to Les Biederman for "The Sporting News"

## Play of the Shortstop

**T**HE prime requisite of a shortstop is a good arm. Next comes speed; the boy must be able to shift his feet and be ready to move in any direction. He should not set himself for just one type of play. And he can't leave his position until the batter either hits the ball or misses.

"Keep trying" is an axiom that always holds true for the position. The shortstop should never be afraid to make an error. He can become a great player only by going after every ball. In time he will find himself making plays that he once thought were impossible.

Another vital maxim is "Always keep your eye on the ball." This holds true both at bat and in the field.

A shortstop has more plays than anybody else in the game. He moves toward third base for a left field hitter, toward second base for a right field hitter, takes relays from

the outfield, and backs up the second baseman. He also calls advice to other infielders on where to throw the ball.

He should always keep in mind the number of outs, how many men on base which bases are occupied, and the score. This is most important. He should also study the speed of each batter. On a fast runner, he must handle the ball cleanly and hurry his throws.

He must remember the field to which each batter usually hits so that he may play him accordingly.

Think out each play before it happens. If there is a man on base, say to yourself, "If that batter hits the ball to me, I'm going to play it here—or there." Think all the time. Even if you boot the ball, think where you're going to play it before you pick it up, so you will not lose any more time.

The hardest play for a shortstop

is going to his right for a deep hit ball. The shortstop has to set himself when he gets his hands on the ball and also be in a position to throw to first base. Very few shortstops can make this play successfully. Knowing the batters is very important.

Another difficult play is the slowly hit ball coming right to you, especially if a fast man is at the plate. Try and play this ball on the bare handed side and you'll find you can get the ball away quickly. This requires almost one motion: picking up the ball and throwing it without hesitation.

The shortstop covering second can expect a throw from any of four players—the catcher, pitcher, first baseman, or second baseman. Sometimes he may have to take the throw from the third baseman, too.

Always remember it is far better and wiser to retire only one man







while attempting a double play than to lose both the runner coming into second and the batter going to first.

When the ball is hit to the shortstop in a double play situation, he should get the ball to the second baseman, letter high, in the fastest possible way.

If the shortstop gets the ball in deep short, he must fire the ball to the second baseman. If the shortstop is out of position on a grounder near second base he should feed the ball underhand to the second baseman. Speed is the most important factor in this situation.

When the shortstop is the middle man in a double play and the runner on first base is fast, the shortstop must be in motion when he receives the ball, touch second base, then relay to first base.

He should also be prepared to touch second base with the right foot, so that he will remain on bal-

ance to steady himself by stepping forward with the left foot and then throwing to first base. He should be positive to touch second base before making the throw, thereby getting at least one man.

On bunt plays, with a runner on first, the shortstop covers second, leaving the second baseman free to move to first and the third baseman and first baseman to rush toward the ball.

If the batter lays down a slow roller, the play will be made at first. If the ball is hit rather hard, the relay will come to the shortstop, who is covering second base.

With runners on first and second, the shortstop's main job is to keep the runner as close to second as possible. He must keep bluffing him back so that he'll get a slow start for third in case of a bunt. Make these runners stand still or lean toward second base so they will not be able to get a running start.

When a shortstop tries to pick a runner off second base, he stands about five feet behind the runner, then slowly works his way up close directly behind the runner. He awaits his chance to break for second for the throw. Before he makes his break, however, he should wait for the runner to shift his body one way or the other off balance.

A shortstop not only takes relays on long balls hit to the outfield, but

## INSIDE PIVOT

(Demonstrated by Johnny Pesky)

The Red Sox infielder makes the pivot a bit differently than Marion. He makes the catch before he hits the bag. He adroitly maneuvers to the inside by stepping to the right with the right foot and dragging the left foot over the bag. Keeping his weight over the right foot, Pesky turns his body and steps toward first for the throw.

also has to direct the other fielders on where to throw the ball when they take the relays. He handles almost every ball returned to the infield with men on base. If a ball is hit to right field with a man on first and rounding second, the shortstop should stand about 25 feet in front of the third baseman on the grass waiting for the ball. He usually calls to the pitcher to back up third base, standing in foul territory in case of an overthrow.

The throw from the outfield should come in on a low line that will enable the shortstop, the cutoff man, to catch the ball. If there is a chance for the throw to retire the man going into third base, the third baseman will yell, "Let it go." The shortstop should bluff a catch but let the ball go through to the third baseman.

(Continued on page 52)

## DOUBLE PLAY PIVOT

(Demonstrated by Marty Marion)

The Cardinal shortstop illustrates the inside method of pivoting. As shown in the first picture, the tag-up and catch are made simultaneously, the left foot hitting the inside of the bag. Marion then takes a short hop to the inside (to avoid the runner) and steps toward first to complete the play.

# Sore Arms!

By FRANK J. WIECHEC, Trainer, Philadelphia National League Baseball Club

**S**ORE arms are the bane of the baseball player's existence. Undoubtedly the most serious injury in the game, a sore arm may "lay a player up" for months or ruin his career entirely.

Whitey Kurowski faded out of the big time last year because of arm trouble, and pitchers like Dizzy and Paul Dean, Schoolboy Rowe, Wes Ferrell, and Red Ruffing all had their careers cut short because of sore arms.

You would think that our youngsters would learn something from this. Yet, year after year, they continue to throw their arms out. They will go out on the first day of practice and, without any preliminary warm-up, start throwing hard. This is one of the quickest and surest ways of ruining an arm.

Baseball injuries to the arm and hand occur most frequently in the following areas:

1. On the scapula (the teres muscles).
2. The side of the shoulder (long head of the biceps).
3. The joint of the shoulder (acromio-clavicular joint).
4. The bursa (subdeltoid, subacromial).
5. Pitcher's elbow (pull of the common tendon of the extensor muscles of the forearm at its periosteal attachment to the external epicondyle).
6. Sprain of the wrist.
7. Sprain of the thumb.
8. Finger injuries—"stoved in" or sprained joints, blisters on and split fingertips.

## SHOULDER INJURIES

**Teres Muscle Involvement.** Probably the most frequent area of pain and soreness in the shoulder joint is that in which the teres minor and major muscles are located. These are the rotators of the arm and are constantly used in throwing.

Almost every player who has to throw hard, strains these muscles

unless he warms up properly. The usual complaint is of pain, starting at the top of the shoulder and radiating down the arm. The pain seems to be greatest when the arm is raised and the hand brought backward preparatory to throwing. There is inability to throw hard or far.

Careful examination of the scapular area will show nodules, or "bottle caps," usually at the insertion of or along the teres muscles. These are painful raised areas about the size of peas. The cause of this injury is throwing hard too soon, or throwing too long.

The treatment consists of the application of deep heat—short wave diathermy is to be preferred—for 30 minutes. This is followed by a deep localized massage over the painful nodules. The purpose of this massage is to forcefully break up and then absorb the nodules.

Treatment should be continued every day and the player told to keep on practicing. Before practice every day, the back and shoulder muscles should be stretched and the player warned to throw only to the point of tiredness. He should not allow the arm and body to get

chilled, but should go into the clubhouse and get an arm treatment after throwing.

**Long Head of the Biceps.** Occasionally a sudden hard throw is made which elicits pain in the shoulder and arm. This pain is hard to differentiate from a teres muscle strain. In this injury the long or short head of the biceps muscle might be strained at its origin on the scapula. Or the long tendon of the biceps may be torn away from its insertion in the bicipital groove of the humerus.

The tendon lies in the bicipital groove and goes over the top of the head of the humerus, attaching itself to the upper rim of the glenoid fossa. The tendon is attached or retained within the groove by a fascial sheath. A violent effort as in throwing a ball in from the outfield, might cause a severe wrench that will tear loose this fascia, permitting the tendon to escape from the groove and become displaced.

The player feels "something slip out," particularly when the arm is abducted and externally rotated. This is followed by a sickening pain and a partial locking of the shoulder joint. The player is afraid to move the arm for fear of "ripping something."

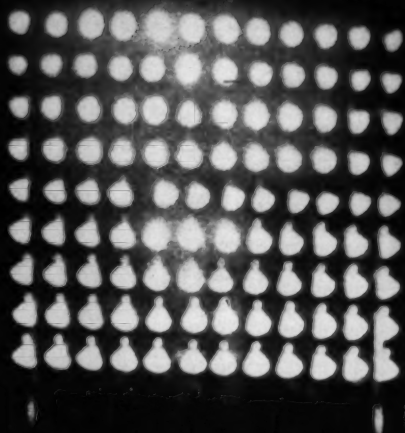
The diagnosis is made chiefly on the history and occasionally on palpation of the rounded tendon moving from side to side. Because of the deep location of this type of injury, it is difficult to diagnose. From the writer's experience, "the diagnosis of this injury should be attempted only after a teres muscle and other shoulder injuries are ruled out."

Treatment should be given only by a person skilled in manipulation and massage. Because of the nature of the tear (tendinous or fascial fibres that have little blood supply), harmful effects may result from treatment. Again diathermy, massage, and manipulation followed by

(Continued on page 16)

**S**CHOLASTIC COACH is particularly proud to present this treatise on the care and prevention of sore arms in baseball, not only because it happens to be one of the finest expositions on the subject ever published, but because it brings an old friend back into the magazine. We had a pleasant association with Frank Wiechec back in the days (not too long ago) when he was trainer and swimming coach at Temple U. He wrote three excellent articles for us in the years between 1942 and 1945, and it gave us a real thrill to see him move up to the big leagues last year.

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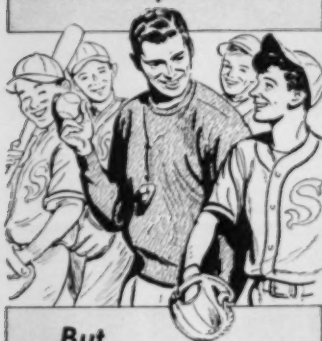
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rest and immobilization are recommended.

Bilik<sup>1</sup> states that "the dislocated tendon may be replaced by abducting the arm to a right angle with the body and then grasping the hand and rotating the fully extended arm in and out. The player will be able to tell when the tendon is back in its groove. When the tendon is replaced, relief from symptoms (pain, etc.) is immediate. Strap along the length of the tendon, Gibney fashion, and carry the arm in a sling for about a week in order to give the fascia (torn) an opportunity to mend. It is best to discontinue all practice for a month or more."

Bursitis is an inflammation of a bursa that older players are more susceptible to than younger men. It may be acute or chronic in nature.

Bursae are synovial sacs containing lubricating fluid which prevents undue friction between overlapping tendons or between tendons and underlying bone over which the former glide. The cause of this condition may be overfatigue, strain, a fall, or more frequently a focal infection somewhere in the body that brings on an inflammatory process either to the subdeltoid or subacromial bursa.

In a fall, the player reports that he fell on the outstretched hand, the elbow or the side of the arm. Within a few hours following the accident, he comes in with the affected arm immobile, supporting the forearm to lessen the pull on the shoulder joint. He complains of tension, considerable aching, and inability to move the arm.

When treating during the acute stage, which is extremely painful, apply ice locally, give sedatives or two percent novocaine in the area. Heat applications early will only increase congestion, therefore heat should not be used until the acute pain subsides.

In the chronic stage, diathermy heat is preferred to the other forms of heat because of its deeper penetration. Start active and if necessary passive exercises within two days after pain subsides to prevent the formation of adhesions and atrophy.

Relief from pain and disability will only come about when the focal infection is removed. This means that the teeth, tonsils, prostate or other areas of infection in the body should be checked and then treated.

**Acromio-Clavicular Separation.** Sprain of the acromio-clavicular joint (separation of the shoulder)

occurs occasionally in baseball, although it is more of a football and wrestling injury. It varies from a slight sprain to complete tearing of the ligaments and resultant separation of the clavicle from the acromion.

The injury is of traumatic origin, the player either colliding with another player or falling on the shoulder, elbow or outstretched arm. The signs are quite evident—pain and swelling are localized in the shoulder joint. There is also inability to raise the arm sideward and a tendency to drop the shoulder.

Treatment should be started immediately. Compression and immobilization of the joint by adhesive strapping will limit swelling and bleeding. The adhesive will also hold the shoulder up in proper position until nature completes the process of healing in the tear.

The part should be kept at rest for two or three days until pain, spasm and swelling subside, then the cautious application of heat and massage should be started. Treatment should be given two or three times a day for about a week before exercise and throwing are again attempted.

After all danger of injury to the joint is gone, a program of intensive exercise should be instituted in addition to throwing. The arm and shoulder will remain in a weakened state for a long time unless localized strengthening exercises are practiced many times a day. The torn ligament of the joint must be strengthened and stretched, and the muscles of the upper arm and back of the shoulder must be strengthened before the player will again be able to throw normally.

The following are exercises or activities that will strengthen the tissues of the area and restore elasticity in the joint: (1) push-ups; (2) hand stands; (3) raising weights sideward; (4) standing close to a wall and circling the affected arm on the wall.

**THE ELBOW**

**Pitcher's Elbow (Epicondylitis).** Following a sudden violent wrench or prolonged strain of the forearm muscles, the player notices a dull ache on the outside of the elbow (just below the later epicondyle of the humerus). Injury is caused by either sudden extension and supination of the lower arm and hand, as in throwing a sudden snap curve, or by continued hard throwing beyond the point of fatigue.

The soreness radiates downward into the bellies of the extensor muscles.

(Continued on page 38)

<sup>1</sup> Bilik, S. E., *The Trainer's Bible* (8th edition), T. J. Reed Co., N. Y., 1947, p. 233



# Yours

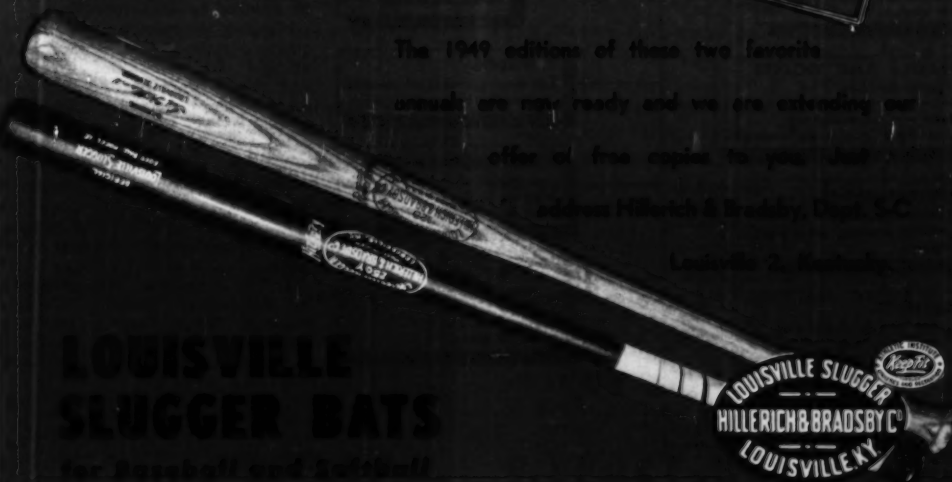
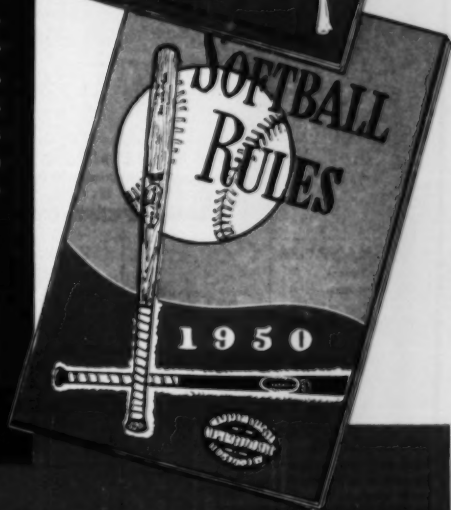
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# Organization for Large Meets

**O**F ALL the athletic events in the school program, the track and field meet requires the most meticulous planning. The reason is simple enough. No other contest embraces so many competitors, officials, and assistants, or contains such a wide variety of events.

Naturally, the larger the meet, the more difficult is the problem of organization. Unless assiduous attention is given to the many details weeks in advance, the meet will never be run off smoothly. For this reason, it is essential for the meet

committee and director to start organizing early.

Those directly responsible for the meet should look upon it as a dramatic production. Their job is to furnish the background by accurate scheduling of events and the efficient organization of officials, announcers, hurdle crews, guards, and the presentation of awards. The competitors will furnish the drama and thrills.

**Committees and Administration.** The success of the meet organization hinges on the two or three key

people who compose the administrative staff. They are the meet director, the meet manager, and a technical advisor. Working under this staff are many committees who are responsible for particular details, and who function under the immediate supervision of the administrative staff.

Periodic meetings of the entire planning group must be held. The tempo of the work will increase as the meet day approaches, with the greatest activity occurring during the final week. The great bulk of the committee's duties must be completed at least one week before the event.

The accompanying Organization Chart indicates the committees needed for most meets. Space prohibits mention of the many details of the various committees. Only a brief resume of the main duties is included. Some committees might be combined and others eliminated, depending on the scope of the event.

Other committees might include representation of schools, officials' associations, recreation departments, or the formation of a committee to perform any task found necessary in the organization of the meet.

**Scheduling of Events.** The running of the events must be precise and accurately scheduled. No unnecessarily long lapses of time must be allowed between events.

Keeping the meet on schedule requires precision on the part of all officials. To assure this precision, you need competent officials who must be supplied with accurate instructions and briefed on the general procedures.

A single event followed through to completion must be systematic. The following points illustrate one method which has proved successful, and applies to all events in the meet.

1. The announcer, who calls only to contestants, follows a prepared schedule (worked out to the minute) and makes all calls according to this schedule. The schedule indi-



**By M. S. KELLIHER**

U. of California, Santa Barbara College



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cates the event, the class, a heat or finals; the first, second, and last calls, and the time of the event.

2. At the first call, the contestants are allowed in the warm-up area; never on the track. On the last call, they report to the Clerk of the Course or the Head Field Judge. There the entries are checked from the event card, lanes assigned, and instructions for the event given.

The athletes are then taken by an Assistant Clerk of the Course to the starting line (or field event area) and the starter gives his instructions. "Block crews" set starting blocks for the contestant, and, after the start, remove the blocks. One "pull out" is allowed, as the athlete is instructed to be ready at this time.

The Assistant Clerk of the Course turns the event sheet over to the Head Judge of the Finish. Carbon copies of the event sheets are made so that they may be distributed after the event.

3. The event starts on time. At the finish, the head timer and his assistants determine the time, which is relayed to the Head Judge of the Finish. The Head Judge of the Finish, with his Finish Judges (two teams), determine the winners. The information is entered on the event card, and the timers and judges are ready for the next event.

4. An "assistant" takes the event card from the Head Judge of the Finish, and distributes copies as follows: One to the meet announcer who informs the spectators of the results, one to the award stand, one to the scorer, one to the press stenographer who prepares sufficient copies for all reporters covering the meet.

5. Another "assistant" at the finish takes all winners immediately to the award stand.

6. After the awards are presented, the athletes are directed to return to the competitors' section in the stands.

The competitors' announcer (mentioned in point 1) plays an important role. His schedule, made up by the Meet Manager, governs the progress of the meet. Since his calls are made according to a set sched-

ule, every official's job is geared to his calls.

A sample of this schedule is included on this page.

Athletes and coaches must be instructed through pre-meet correspondence, in the procedure of calls and the time that they are to report to Clerk and Head Field Judge.

Only officials and competing athletes are allowed on the field. Coaches and athletes not in competition are seated in a special section adjacent to the announcer's station.

In meets with several classes and divisions, it is necessary to work out a schedule for as many as 20 to 30 running events and 15 to 25 field events. Such a schedule requires two to four hours. Every minute must be scheduled accurately, and the officials must work with precision in the execution of their specific tasks. All officials should attempt to run the meet so close to the time scheduled that a spectator could set his watch by the official program.

In order to allow ample time for each running event, the Meet Manager can observe these procedures in setting up the schedule of events:

1. Estimate the slowest expected time for each event and allow three minutes for starting, judging, and timing the race.

2. In sprints and hurdle races, allow five minutes if possible to account for false starts. However, if many events must be run off in the meet, hurdles and sprint races can be completed in three minutes.

#### FIELD EVENTS

If several classes and divisions are competing in the meet, extra pits, runways and areas for throwing events must be provided.

The field events usually progress slowly. The officials can do much to speed them up.

The high jump, broad jump, and pole vault are run off more quickly when run in flights. In the pole vault and high jump, start with the bar at a higher point than usual to quickly eliminate competitors who are unlikely to finish among the winners.

(Continued on page 69)

#### SAMPLE OF COMPETITORS' ANNOUNCER SCHEDULE

Event	Class	Division	Heat or Finals	First Call	Second Call	Third Call	Time of Event
120 H. H.	A	I	Heat 1	1:40	1:50	1:55	2:00
120 H. H.	A	I	Heat 2	1:43	1:53	1:58	2:03
100 Yards	B	II	Finals	1:48	1:58	2:03	2:08
100 Yards	A	II	Heat 1	1:52	2:02	2:07	2:12



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# Can the Small School take on the Large School?

By W. HAROLD O'CONNOR

CONCORD (MASS.) HIGH SCHOOL

**H**ARDLY a day passes that some coach does not offer as a reason for his team's defeat, "Just look at the size of the schools we have to play."

Almost immediately some critic will retort, "Size doesn't mean a thing. Just look at the record of Coach Doe at Blank High School. They play schools twice their size and win most of their games."

Having always been intrigued by the small-school-versus-large-school controversy, the writer, over a year ago, began a thesis study of the results of competition in the four major sports—football, basketball, baseball, and track.

The survey included a careful check of the scores of 2,000 high school contests in Massachusetts through all of 1948-49 and the first few weeks of 1950.

The enrollment figures secured from the State Dept. of Education ranged all the way from 25 boys to over 1,800. The writer grouped these schools into four brackets: Those with fewer than 250 boys, those between 250 and 500, those between 500 and 750, and those with over 750 boys.

The study brought out some interesting facts for coaches and athletic directors all over the nation.

First, let's consider football. This is the sport in which the two-platoon system has evoked groan after groan from the smaller schools. Are they justified in their wailing? The games played in our state in 1948 and 1949 would indicate "yes." They showed that manpower was a strong determining factor in the outcome.

Out of the 671 games played in the past two seasons in Massachusetts, 421 were won by the school with the larger male enrollment. Only 250 victories were posted by the smaller schools.

If the school had fewer than 250 boys, the scales were tipped even more heavily against it. In 346 games, the schools in this class won only 104. Against schools out of its

class, the sub-250 school found the going even tougher. The study revealed that such schools won only 35 of 131 games.

When the little fellow gets ambitious and tackles the school two or three times his size, it would seem that he is signing his own death warrant. This happened 23 times in Massachusetts, and the little fellow (sub-250) limped home the loser on 21 occasions.

The study brought out one surprising fact—that the schools with enrollments between 500 and 750 boys could give and take manpower advantage and disadvantage while the smaller schools could not.

Even against their larger brethren, these schools showed power. The 500-plus schools won 115 games while losing only 66 against all comers. Meeting larger schools these teams scored 35 victories as opposed to 36 defeats.

The schools in the top division (750-plus) had little difficulty with the real little fellows, but all in all they won only seven games more than they lost in 101 attempts against teams in the three classes under them. Of the 47 games they lost to

smaller opponents, 36 were to schools enrolling over 500 boys.

Since schools in this top group often numbered their football candidates in the hundreds, it is interesting to speculate whether their very numbers above a certain level worked against them.

The school having around 500 boys seemed to hold a certain advantage in not having squads too big to screen. In the bigger schools the need of careful organization seemed an important factor. In my own conversations with boys on such squads, I learned that most of them felt out of the picture.

Basketball is supposed to be a sport in which large squads are not vital. The success of many small schools is cited to prove that male enrollment is not a big factor.

The study showed, however, that while certain small schools do appear to have outstanding records, the over-all picture is little different from that in football. A check of 452 games revealed that 269 went to the larger schools, with the smaller schools winning only 183 games.

Here again the schools under 250 found the toughest sledding. The figures showed 69 to 96 against them. Even when they met schools within their own bracket, they found the

(Concluded on page 63)

## LARGE SCHOOLS VS. SMALL SCHOOLS RECORD CHART

Schools Male Enrollment	FOOTBALL		BASKETBALL		BASEBALL		TRACK	
	won by		won by		won by		won by	
	L.	S.	L.	S.	L.	S.	L.	S.
750+ vs. 750+	15	19	23	17	18	10	11	6
750+ vs. 500+	35	36	38	37	29	29	11	13
750+ vs. 250+	15	11	11	11	25	14	8	5
750+ vs. 250	4	0	1	1	17	1	3	1
500+ vs. 500+	16	15	20	28	9	12	10	6
500+ vs. 250+	42	29	45	31	35	26	9	8
500+ vs. 250	17	2	18	14	12	5	5	2
250+ vs. 250+	38	38	53	36	27	15	10	3
250+ vs. 250	75	33	77	54	58	24	12	10
250- vs. 250-	146	69	133	61	43	21	11	1

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By GLENN F. H. WARNER  
Soccer Coach, U. S. Naval Academy

## SOCCKER OFFICIATING

IN LAST month's *Scholastic Coach*, the writer outlined several of the vital considerations that enter into the development of good soccer officials. The article covered the duties of the official in the single and double officiating setup, and outlined the responsibilities of the linesmen and timers.

The article left off during a discussion of the pre-game duties of the arbiter. It was pointed out that the first duty of the official is to introduce himself to the home team coach, who, in turn, should introduce him to the visiting coach.

At this time, the shoe cleats, uniforms, and ball should be checked. The cleats should be examined to make sure that they are not too long, that no nails are exposed, etc.

Uniforms of the two teams should be compared, making certain that no confusion will result.

The goalie's jersey should also be checked for similarity with the opposing team.

The air pressure of the game ball should most certainly be checked and in the presence of both coaches.

Making these examinations be-

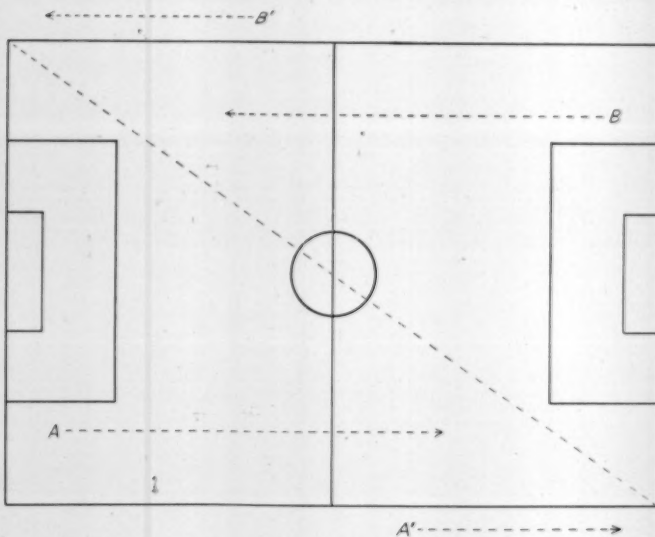
fore going out on the field will definitely save time.

Going out onto the field, certain measurements should be checked on marked-off areas. The goal should be stepped off to make certain that it is approximately 24' wide and the height checked for 8'. It is very important that the line (lime) between the goal posts be perfectly straight.

The goal and penalty areas and penalty spot should also be paced off. A check should also be made on the corner flags, making certain that they are 4' tall. (Short flag poles could result in an injury if a player fell on one.)

The two managers should be notified to complete the line-ups as quickly as possible. Five minutes before game time the captains should be called to the center of the field with the coaches to discuss the substitution rule, charging of the goalie, and any other questions that the coaches might bring up, such as length of periods. A coin should be tossed for the selection of direction and kick-off.

With all questions cleared, an attempt should be made to have both  
(Concluded on page 62)



Double official setup—A and B are officials, A-1 and B-1 are linesmen.



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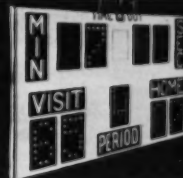
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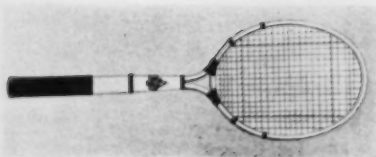
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• **LINE MARKER.** This H. & R. Mfg. Co. device weighs only 14 lbs., makes about 2500' of medium line, and has adjustable outlet controlled by pull rod. Possesses force feed—no brushes or screens to clog. Easy to fill and makes any type of line.



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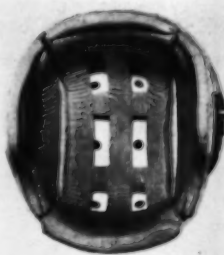
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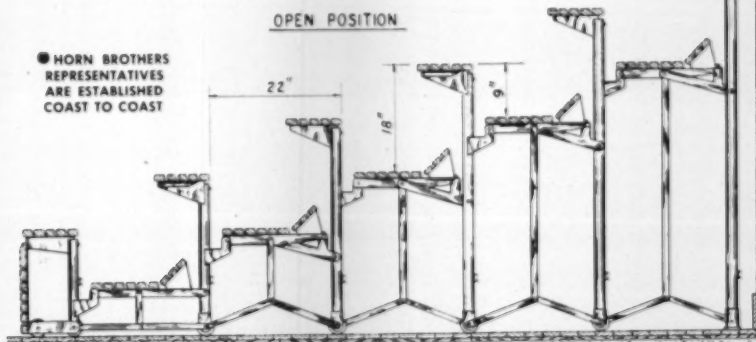
ROWS	FLOOR SPACE		**HEIGHT
	IN USE	*CLOSED	
3	4 Ft. 9 in.	1 Ft. 8 3/4 in.	3 Ft. 0 in.
4	6 Ft. 7 in.	2 Ft. 0 1/8 in.	3 Ft. 9 in.
5	8 Ft. 5 in.	2 Ft. 3 1/2 in.	4 Ft. 6 in.
6	10 Ft. 3 in.	2 Ft. 6 7/8 in.	5 Ft. 3 in.
7	12 Ft. 1 in.	2 Ft. 10 1/4 in.	6 Ft. 0 in.
8	13 Ft. 11 in.	3 Ft. 1 3/8 in.	6 Ft. 9 in.
9	15 Ft. 9 in.	3 Ft. 5 in.	7 Ft. 6 in.
10	17 Ft. 7 in.	3 Ft. 8 3/8 in.	8 Ft. 3 in.
11	19 Ft. 5 in.	3 Ft. 11 3/4 in.	9 Ft. 0 in.
12	21 Ft. 3 in.	4 Ft. 3 1/8 in.	9 Ft. 9 in.
13	23 Ft. 1 in.	4 Ft. 6 1/2 in.	10 Ft. 6 in.
14	24 Ft. 11 in.	4 Ft. 9 7/8 in.	11 Ft. 3 in.
15	26 Ft. 9 in.	5 Ft. 1 1/4 in.	12 Ft. 0 in.
16	28 Ft. 7 in.	5 Ft. 4 3/8 in.	12 Ft. 9 in.
17	30 Ft. 5 in.	5 Ft. 8 in.	13 Ft. 6 in.
18	32 Ft. 3 in.	5 Ft. 11 3/8 in.	14 Ft. 3 in.
19	34 Ft. 1 in.	6 Ft. 2 1/4 in.	15 Ft. 0 in.
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\*Dimension includes 4 1/2 in. space between top seat and wall.

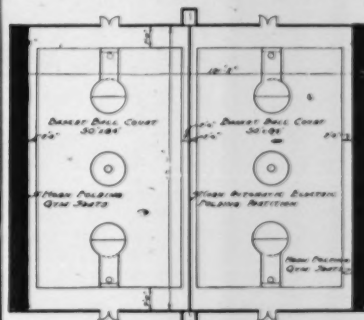
\*\*Height in open position same as closed. For Bleachers higher than 20 Rows write for complete details and dimensions.

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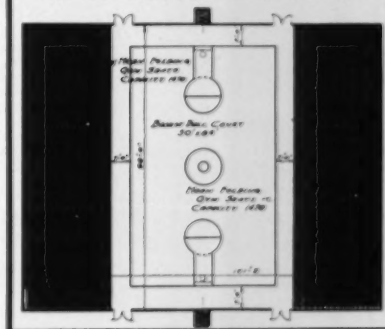
## FOR 3 GYMS IN 1



BLEACHERS FOLDED AND PARTITIONS OPENED

## HORN FOLDING BLEACHERS AND FOLDING PARTITIONS

BLEACHERS OPENED AND PARTITIONS CLOSED





### CLOSED POSITION





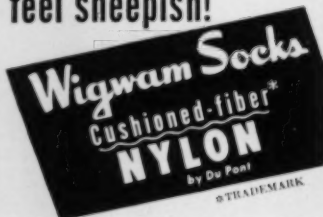
  
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## SCHOOLBOY GOLF PROGRAM

By **PHIL DIENOFF**

COACH, GARFIELD H. S., AKRON, OHIO

**M**OST high school men who claim to be golf "coaches" are making an idle boast. The truth is that the average high school golf mentor is more of a "manager" than "a coach." He is merely the manager of a group of youngsters who have caddied or who have been given their lessons either directly or indirectly by "pros"—the only men who have the knowledge and training to teach the game.

At Garfield High, it has been my good fortune to have had such boys, and for that reason we have had championship teams. I feel that good managing is definitely the answer to coaching a high school golf team.

The crux of our system is a 72-hole qualifying try-out. Every candidate must participate in this trial. The four boys who record the best 18-hole average become the varsity team.

The other boys are not dropped. They may make the varsity in another manner. Any time before the first scheduled match, they may challenge any varsity player to an 18-hole match. The challenged player must accept in order to keep his position.

If the challenger beats his opponent, he replaces him on the varsity. If he loses, he may challenge him once more. Should he lose again, he is considered "squelched" and can never challenge this position again. He can then only challenge the position below the one for which he was defeated.

Thus a defeated challenger for the No. 1 spot still has a chance for the No. 2, No. 3, or No. 4 berth. After being squelched (two defeats) by the No. 4 man, he is through.

This method has proved very successful in keeping the best four men playing at all times. In 90 per cent of the cases, a challenger needs only one defeat to recognize the superiority of the other fellow and to concede him his place on the varsity.

Along with this qualifying and "challenging" set-up, the Akron city league insists that the order of the line-up for all matches must be based upon the results of the preceding match. Thus, the No. 1 player is the boy who shot the lowest score in the preceding match, and so on down the line.

This prevents the juggling of line-ups, such as sacrificing the poorest player against the opponents' best.

In our league, the No. 1 men always face the opponents' No. 1 players, No. 2 against No. 2, etc.

The call for candidates is usually issued in March. At this time, the boys are assigned to our body-building room, where weights are used to build up the wrists, shoulders, and even the feet and legs.

The boys work on such exercises as wrist curling, finger gripping, shoulder shrugging with weights extended downward in the hands, and deep knee bends with the weight resting on the shoulders. The latter exercise develops the ankles and arches, which is a necessity in a sport which involves so much walking.

The amount of weight that is used varies with the size of the candidate. After about three weeks of this program, the boys are ready to go outside, weather permitting.

Another fortunate aspect of our program is the fact that Paul Sheeks, athletic director of the Firestone Tire and Rubber Co., is quite a booster of boys activities in our community. Because of this, he allows our boys to work out on his indoor driving range.

This range is simple to construct, being made up entirely of canvas.

It has four sides—a top, two sides, and a rear canvas wall which contains a bull's-eye target.

A rubber mat with grooves that accommodate tees is placed at the open end of the range. All the clubs can be used and a wild shot can only hit the sides.

Markings on each side of the target indicate whether the practitioner is slicing or hooking, and a canvas pocket on the target end is employed for chip shots. The boy tries to pitch his ball into this pocket with the No. 8 or 9 iron.

We also use an indoor putting cup on a carpet for putting practice. Thanks in great part to this device, putting has become our forte.

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By I. EDWARD GERSH

EX-ASST. COACH, CITY COLLEGE, N. Y.

## The CASE for School Boxing

**T**HANKS to the extreme unsavoriness of the professional game, boxing is generally *persona non grata* on the high school level. Educators attempting to justify it have met with some virulent opposition.

This is understandable. The pity of it is that the sport has much to contribute to the high school youngster. It is a fine medium through which to develop strength, stamina, coordination, self-confidence, and courage.

Most educators will concede this point, but they will never agree that it can be done *safely*—even under expert supervision. For this reason, they turn a deaf ear to the many attempts to justify boxing in the physical education curriculum.

What seems to be needed is argumentation substantiated by research. It is in this spirit that the writer will attempt to answer the arguments of the greatest and the most widely quoted critic of scholastic boxing, Dr. Arthur H. Steinhaus. Dr. Steinhaus limned his position in a critique titled, "Boxing in the High Schools," in the September 1944 *Journal of Health and Physical Education*.

This article acknowledges that some of materials might seem irrelevant to the subject, and then goes on to say, "Since we have no experience of magnitude at the high school level, it becomes important that we look where most experience has been accumulated and derive our conclusions therefrom with the appropriate 'correction factor.'"

Since "most experience has been accumulated" in the professional field, that's where Dr. Steinhaus goes for his conclusions. This is a long way from the high school.

The study might have had considerable more validity had Dr. Steinhaus investigated many of the successful boxing programs being carried on by men like Rinaldo Wren<sup>1</sup> at Madeira (Calif.) Union H.S., or Martin E. Williams,<sup>2</sup> Superintendent of Schools in Winner, S.D., or Ben Wallach<sup>3</sup> at the New York (City) Vocational H.S., or finally R. C. Lindsey<sup>4</sup> of Westfield H.S., LeRoy, O. All of these men write of their boxing programs in glowing terms.

Over half of Dr. Steinhaus's article is devoted to a repudiation of professional boxing by a few former professional stars. Like many other educators, the author makes the fundamental error of using professional boxing as a yardstick for his criticism of high school boxing.

It is important to understand that one cannot refer to boxing on the pro

level, when trying to judge its practicability on the high school plane. The more accurate gauge is the college program conducted under proper supervision.

Dr. Steinhaus asks his readers to use the "correction factor." Yet the rules are different, the training is conducted differently, and the amount and degree of punishment can in no way be compared.

Throughout the article we find generalities such as "many scientists, physicians, and coaches who have given serious thought to the question have been led by their studies to oppose the sport," or "present knowledge warrants acceptance of the following statements as probably correct," or "one authority reports . . ."

The author must be more specific before these arguments are accepted by educators.

The article also states that most of the strength and endurance developed by a boxing program is not the result of the actual boxing, but is produced by the rope-skipping, roadwork, and other body-building exercises incidental to boxing, and which can be developed by engaging in other activities as well.

Theoretically, this is true, but actually what other sport or activity will provide the motivation for these body-building exercises? Furthermore, isn't this true of most sports involving a high degree of coordination?

In a second statement, Dr. Steinhaus says that, "Boxing no doubt improves a man's ability in self-defense but there is a real question whether in jungle fighting or even in tavern brawls, the skills of jiu-jitsu and wrestling are not of greater advantage."

It can be said with certainty that no educator proposing the inclusion of boxing in the high school curriculum, has advanced the argument of its usefulness in jungle fighting; and as far as tavern brawls are concerned, if the students are being prepared for this extra-curricular activity they had best learn the mundane art of chair wielding.

Reference is made to the book by E. Jokl<sup>5</sup> titled, *The Medical Aspects of Boxing*, which, incidentally, seems to deal very little with boxing, but rather with the effect of all kinds of blows on all parts of the body.

Jokl is quoted as saying, "There is no evidence to support the frequent allegations that boxing is a particularly valuable method of developing character, determination, and person-

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ality . . ." He then goes on to say, "It is a fact that even watching a fight may elicit an unparalleled emotional response so powerful that it may carry the spectator away and cloud his judgments."

According to a book on boxing prepared by the Aviation Training Division of the Office of Chief of Naval Operation, U. S. Navy, "boxing develops endurance and stamina, a highly trained nervous system capable of instant reflexive action, the ability to make quick and accurate judgments, the ability to relax, to keep calm and poised under pressure, thus allaying the possibility of emotional blocks. It develops aggressiveness, courage, and finally self-confidence and self-reliance, in spite of the fact that the wearing of protective gear is compulsory in all Aviation Training drills."

As for the spectator being carried away by an unparalleled emotional response, the collegiate code of ethics requires a dignified applause to be the only sign of approval voiced by the audience. It is the referee's duty to stop a bout whenever the audience response reaches an excessive emotional pitch.

In spite of these precautions, the audience will often react quite violently. However, there is still no record of the ring posts being carried away, as have the goal posts at many collegiate football games.

In writing of blows received about the head, Dr. Steinhaus says, "Such a concussion may directly injure delicate nerves, temporarily herniate brain stem structure downward into the spinal canal, or tear blood vessels within brain, or those entering the brain from the surrounding meninges. In the last instance the resulting hemorrhage may destroy nerve tissue. Nerve tissue within the brain and cord does not regenerate or heal as do peripheral nerves and all other tissues of the body. Consequently damage to nerve tissue in the brain or cord is permanent."

"There are many portions of the brain in which destruction of a small amount of nerve tissue does not cause paralysis or other easily noticeable changes in behavior. This is especially true of certain subcortical centers often involved in tremors and in paralysis agitans and the cortex where the highest human faculties such as delicate coordination, memory, speech, self-control, and powers of reasoning are lodged. Subsequent injuries add to earlier ones since each is permanent. The exact location and extent of each injury and the total of all injuries will determine the extent of loss of mental powers or bodily control."

Dr. Steinhaus obviously feels that the blows causing these hemorrhages bring about dementia pugilistica or punch-drunkenness as it is commonly known.

Dr. C. E. Winterstein, writing in the *Lancet*, differs with Dr. Steinhaus. Winterstein reports, "No histological findings in the brain of punch-drunken

**AUTHOR** I. Edward Gersh is ideally qualified to expound on any phase of boxing. A former Golden Glove heavyweight champion and professional boxer (he fought under the name of Eddie Irwin), he has trained professional fighters and formerly helped coach the sport at the City College of New York. He owns a B.S. and M.A. at New York University, and is currently working on his doctorate.

boxers are available to confirm clinical findings. Generally the symptoms do not increase after repeated injuries are stopped . . . conversely there are remissions and recoveries if the boxer gives up fighting at an early age."

If there is a difference of opinion among the authorities concerning the histological findings in the brain of punch-drunken boxers, what is the layman to believe?

The point is made by Dr. Steinhaus that any serious head injury even without skull fracture or knockout may be accompanied by pinpoint hemorrhage or other brain injury, and such injury may be suffered by an experienced or inexperienced boxer in his first encounter or after long experience.

This is an indisputable statement. Quite obviously a serious head injury may injure the brain. However, injury to the brain may be incurred in many activities involving body contact, such as football, basketball, hockey, diving, and soccer. If the physical educator justifies body contact sports to any extent, then he must justify boxing to the same degree.

It might be interesting to note that according to a study made by Lloyd, Deaver, and Eastwood, boxing rates below dancing (including modern) in danger. There were .16 accidents per thousand exposure in boxing, as compared to 8.7 accidents per thousand exposure for football, and 5.7 per thousand exposure for wrestling.

Martin E. Williams writes: "Dozens of our Winner High School boys have participated in amateur boxing and not one of them has received a serious or permanent injury. We cannot say that of basketball or football." Rinaldo Wren claims that they have not had a serious injury in four years of competitive boxing. Both Lindsey and Wallach substantiate the above statements with references to their own schools.

The article by Dr. Steinhaus reports on a paper by Dr. E. S. Carroll on the development of punch-drunkenness in professional fighters. In doing this Dr. Steinhaus is defeating his own purpose, for in no possible way can the punishment taken by a high school boxer be compared to that which Dr. Carroll shows to be the lot of a professional fighter.

(Continued on page 54)



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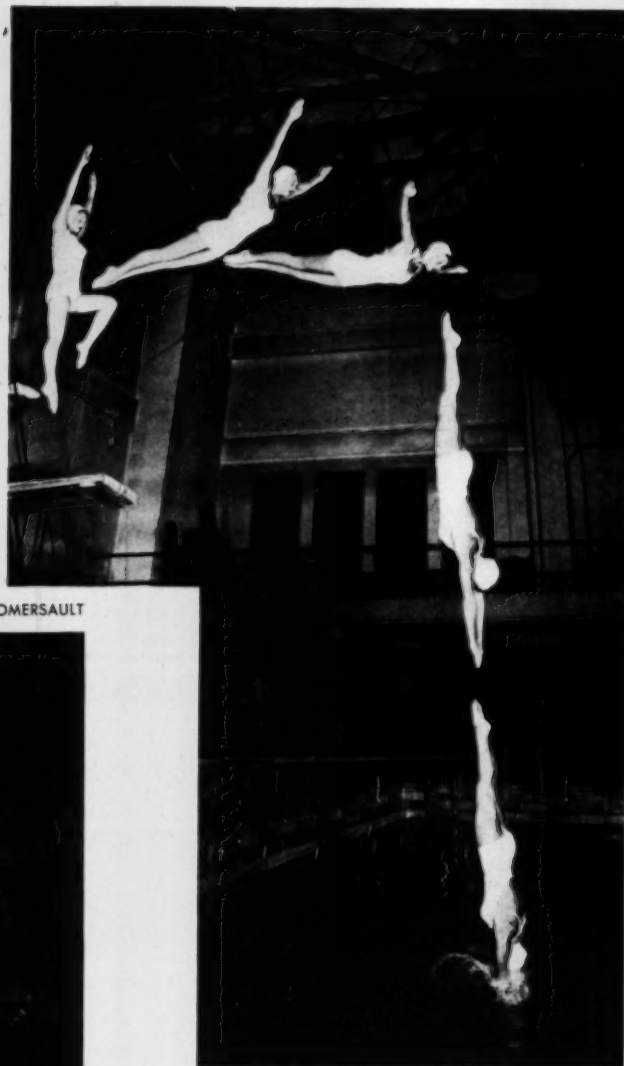
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BACK JACKKNIFE

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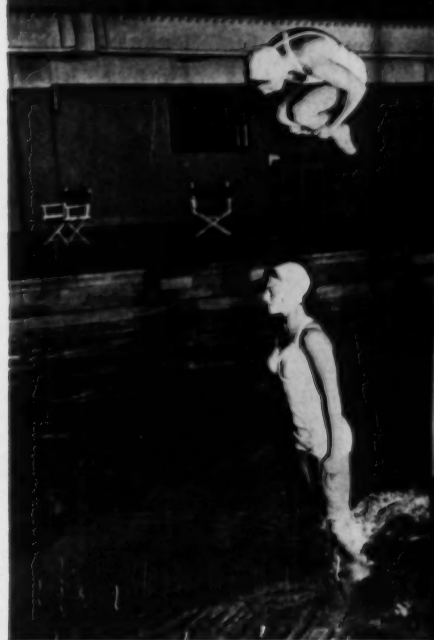
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# Care and Prevention of Sore Arms

(Continued from page 16)

cles, and the ache becomes a sharp pain when the forearm is pronated, the wrist flexed and the elbow extended (as in throwing a fast ball). The player will readily illustrate the movement that intensifies the pain. Pressure on the elbow or gripping a ball hard will induce pain.

The treatment of pitcher's elbow depends on whether it is recent or chronic. If recent, treatment should be instituted as soon as possible after bleeding has stopped, in order to prevent the formation of adhesions.

Diathermy heat will increase deep circulation, while the application of analgesic packs over night will relax the muscles and provide gentle heat. Massage and passive motion of the joint, and tensing exercises of the extensor muscles, will prevent atrophy and adhesions from forming.

Bilik<sup>2</sup> recommends placing a pad of rubber or felt over the site of pain, followed by strapping with adhesive. This aids in lessening the tension in the pulled tendon. Aim to apply the strips of adhesive along the line of the tendon.

It is the chronic elbow injury which responds so unsatisfactorily to treatment. Nearly always it is the result of inadequate early treatment. In this injury, adhesions are found at the insertion of muscle fibres on the bone. The muscle itself is weak and there is a formation of hematoma and exudate. The hematoma must be broken up by deep localized friction massage and manipulation.

Sometimes the sinusoidal current may be utilized, using the "Bayumi technique," as outlined by Heald.<sup>3</sup> This current exerts an effective pull on the adhesions by virtue of its great strength and long continuance.

The injured area must be strengthened by special exercise and the surrounding muscles should be strengthened to aid the torn weakened muscle. Probably the most important phase of treatment in this injury is the special exercises designed to strengthen this area.

Chips are occasionally found in the synovial membrane of the elbow and are caused by hard or continuous throwing and batting, falls on the elbow, or by sudden strains that pull away adhesions of former elbow injuries. Very little can be done here by treatment procedure. If

they become too irritable, operative procedures are used to remove the chips.

## SPRAINS OF THE WRIST

Sprains of the wrist leave it in a chronic state of weakness. Again the usual cause of sprains is trauma—falls, or sudden strains as in swinging at a ball too hard or making a sudden snap throw. In most injuries of the wrist, an X-ray should be taken to make sure there are no dislocations or fractures of the small bones of the wrist.

The usual treatment is heat, massage, and a Whitelocke compression bandage to give support and prevent further strain of the weakened ligaments. After recovery, prescribe special exercises to strengthen the joint which has a tendency to remain weak.

## THUMB INJURIES

Sprains of the thumb are the bane of many players, especially of catchers. It is due to a direct blow or being hit with a ball on the tip of the thumb. The joint swells, is tender to the touch, and aches.

Immediate treatment is most important—apply ice or a cold compress to limit effusion (swelling). After an hour, strap the point, gibeey fashion, to immobilize it and prevent further swelling, keep the arm elevated and in a sling.

Subsequent treatment will be heat, gentle massage, and passive motion of the joint. (Melted paraffin wax is recommended for heating. The thumb may be dunked in the wax 7-8 times; wait after each dunking until the wax hardens. The damp heat is sealed in and will keep the thumb warm for hours.)

As pain subsides, active strengthening exercises should be started as soon as possible.

## FINGER INJURIES

Finger injuries are quite common in baseball. Any of the joints in a finger may be sprained, or the finger joint (usually the distal phalange) may be jammed ("stoved-in" finger). The symptoms are similar to those of sprains of the thumb.

Immediate treatment is more important than later treatment. If the injury is left unattended, swelling, pain, and loss of motion soon appear. Pain may subside with treatment, but swelling and limited mo-

<sup>2</sup> Bilik, S. E., *ibid.*, p. 281.

<sup>3</sup> Heald, C. B., *Injuries and Sport*, The Oxford Univ. Press, London and N. Y., 1931.



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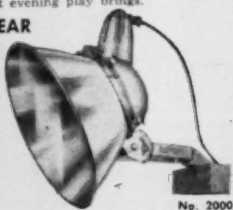
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tion may be a permanent carry-over. The finger and joint affected may lose its normal contour and present an ugly appearance that is quite noticeable on the hand.

Catchers, because of their constant handling of thrown and tipped balls (by batters), frequently have their fingers jammed. Many former catchers bear the marks of their position for years and years.

**Treatment.** Since ice or cold packs are not always available when these accidents occur, or are too bulky for such small areas, ball players have resorted to other methods of immediate care.

The writer has seen players with jammed fingers take a whole lemon, make a little opening with a knife, then push through the finger and affected joint and carry it on the finger for hours. The pressure of the pulp and fluids inside plus the alum in a lemon seems to have a beneficial effect on the joint.

Another measure popular with players, to prevent swelling in a joint, is the use of adhesive. Immediately after injury, small strips of adhesive are wound around the joint. The adhesive is loosened at intervals so as not to interfere with circulation, then reapplied. The joint is kept wrapped for 24 to 48 hours, depending on the severity of the injury.

The subsequent treatment for finger joints is similar to that used for treating sprained thumbs.

**Split Fingers.** When a ball hits the finger tip or nail, it occasionally splits the skin either under the nail or on top of the finger. The resultant pain and bleeding may not be too severe, but it is the slow healing and possible infection of this wound that causes trouble. Sometimes this wound will incapacitate a player for a week or more.

The initial treatment of course is to clean the cut, apply a good antiseptic, and wrap with a sterile bandage. The next day the edges of the cut should be brought together with small strips of adhesive in order to hasten healing and prevent the wound from being reopened when the player handles a ball or bat.

After the split is healed, it is wise to keep a lubricant, in the form of boric acid ointment or vaseline, on the cut. This will keep the newly formed skin over the cut from cracking because of dryness or friction.

**Blisters.** One of the leading pitchers in the major leagues almost had his career ruined because of blisters constantly forming on his pitching finger. To make an effective delivery, he had to grip the ball tightly

and always in the same position on the finger. Blisters would form, then burst, and would make it impossible for him to hold the ball.

Blisters should be opened as soon as possible and treated with a good antiseptic. If it is necessary to throw the ball again after injury, the application of "New Skin" or collodion over some wisps of cotton placed on the blistered area will provide protection.

### PREVENTION OF SORE ARMS

**Pitchers.** Most of the sore arms of pitchers are due to poor physical condition and improper care of the arm. The first week of practice should be spent in getting the body in shape.

During the first two weeks after getting in shape, a pitcher should be allowed no more than 10 minutes of batting practice throwing. This should always be preceded by a 15-minute warm-up to a catcher on the side lines.

Many pitchers don't know how to warm up. They throw the first ball just as hard as they can, and often it may be a curve or trick throw. That is another way of hurting the arm. The pitcher should start tossing easily, then gradually work up steam.

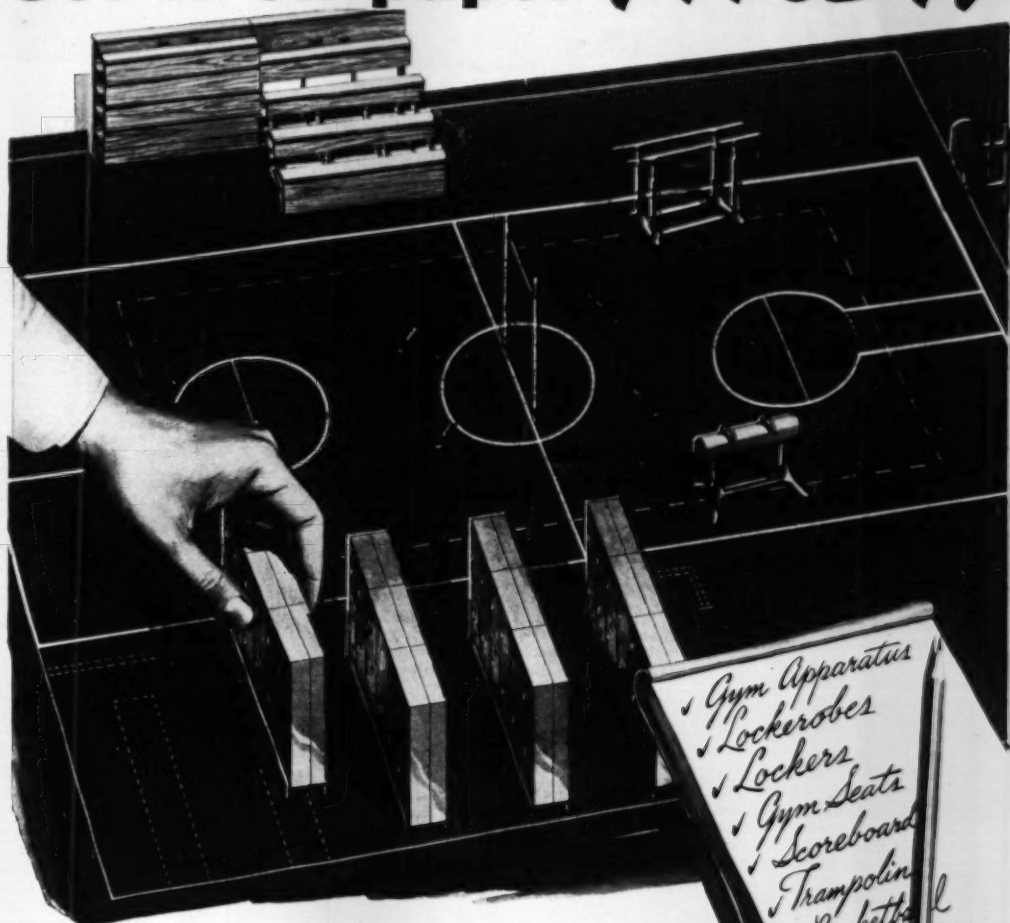
After the arm is well loosened up, he may cut loose and then start throwing curves. But he should not try to snap off a curve at the beginning. After batting practice, he should be allowed to hit, then made to take two laps around the field.

A pitcher should not stay in the outfield during hitting practice or after throwing. He may get hurt through collision or fall, may get cold, or may be tempted to cut loose a long throw that might put his arm out of commission for the rest of the season.

**Infielders** get sore arms by throwing hard too soon, throwing too long or by fooling around (throwing curves, knucklers, etc., to the first baseman). They also get sore arms by taking infield practice too long on a cold, windy day. There is nothing that puts more strain on the arm than throwing against the wind on a cold damp day. It is better not to have practice on such a day, rather spend the time running and then quit.

**Outfielders and catchers** should not attempt to make hard or long throws during practice in cold weather. They should set aside some time for throwing practice and warm up carefully and slowly before throwing hard. If it is necessary to make a long throw before warming up, they should throw sidearm or underhand.

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**B**ILLY SUNDAY abandoned a great big league career to become an evangelist. One day he was pouring it on before a spellbound audience. "Beware of the wrath to come!" he screamed. "Beware you sinners! Find the path of righteousness or there will be weeping and wailing and a great gnashing of teeth!"

An old crone rose to her feet and screamed right back. "I ain't got no teeth!"

"Fear not, madam!" roared the resourceful ex-ball player. "Teeth will be furnished for one and all!"

Several years ago a fresh rookie was making his big league debut with the Detroit Tigers. Big George Moriarty was the ump behind the plate. The busher took two strikes without complaint. Then he turned to the ump and sweetly asked, "I beg your pardon, sir, but how do you spell your name?"

The surprised Moriarty spelled out his name letter by letter. The rookie nodded and said, "Just as I thought, sir, only one 'I'."

The trouble with the supporters of the sanity code is that they refuse to admit that athletes have problems, the same as any other student. One college coach was recently describing the complexities of modern coaching.

Just before his big game last fall, he became aware that his star back was off his feed. The kid was inept in practice, dull, listless, completely spiritless. The coach figured that the boy probably had received bad news from home; financial troubles; maybe, or perhaps a jilted romance.

He called the boy in for a heart-to-heart talk. Sure enough, the kid did have a problem, far more graver than the coach had feared. The boy was two payments behind on his television set!

The proud scout was sitting with a club official watching his first-base dis-

covery in practice. The official gaped as he observed the fancy-dan manipulations of the rookie. "Say," he said, "that fellow is ambidextrous."

"Darn right!" exclaimed the scout. "He'd shoot you as soon as look at you!"

The same kind of story is told about Branch Rickey and one of his Dodger coaches. The coach was telling Rickey that something was wrong with one of the pitchers. "It's his elbow," he explained. "I don't know what you call it but it's got a growth as hard as a rock."

"Ossified," explained the Dodger mahatma.

The coach shook his head violently. "Oh, no, Mr. Rickey. The kid never touches the stuff!"

Nobody can ever accuse Clark Shaughnessy of a lack of forthrightness. Did you read what he said when he was deposed as coach of the Los Angeles Rams? Commenting on the elevation of line coach Joe Stydahar to the head coaching post, Clark snapped, "When Stydahar gets through coaching the Rams, I can take any high school team in the country and beat them." Whew!

A young fellow talked Jack Dempsey into giving him a series of boxing lessons. The former Manassa Mauler, in an effort to discourage the kid from a boxing career, gave him a thorough going-over. The next morning, Dempsey's phone rang. It was his pupil.

"How do you feel?" asked Jack. "Well, I'll tell you," was the feeble reply. "I really wanted those lessons so that I could take care of a certain guy I don't like. But, now, will you do me a big favor?"

"You want to call off the course?" asked Jack, with a feeling of relief. "Not quite," answered his pupil. "I was just wondering whether you'd mind if I sent the other guy for the rest of the lessons."

Oh, for the life of a big league player! You can't beat the hours and look

at the sort of dough you can make. Here are the top salaries of 1950:

1. Ted Williams, Red Sox...\$125,000
2. Joe DiMaggio, Yankees...\$100,000
3. Ralph Kiner, Pirates....\$65,000
4. Lou Boudreau, Indians...\$65,000
5. Hal Newhouser, Tigers...\$50,000
6. Stan Musial, Cardinals...\$50,000
7. Bob Feller, Indians.....\$45,000
8. Tommy Henrich, Yankees \$45,000
9. Vern Stephens, Red Sox...\$40,000
10. George Kell, Tigers.....\$35,000
11. Jackie Robinson, Dodgers. \$35,000
12. Pee Wee Reese, Dodgers..\$35,000
13. Joe Gordon, Indians.....\$35,000

Another money-record was broken last month when the Pirates forked over \$100,000 to sign up Paul Pettit, an 18-year-old schoolboy pitcher. Paul, a rangy 200-pound southpaw, pitched six no-hit games at Narbonne High School (Lomita, Calif.). He fanned 945 batters in 549 innings and won 50 out of 52 games.

Experts claim he throws the fastest ball in the game. What's more, he has a sharp curve and perfect control. In one stretch of 13 games, Paul didn't walk a single batter!

Life seldom begins at 40 in baseball. But it did for Orie Arntzen, of the Albany Senators in the Eastern League, last season. At an age when most players have been retired for years, Orie turned in the top pitching performance in the minor leagues. He won 25 games—15 in a row—and lost only two!

Just before Don Laz, Illinois pole vaulter, wound up for his final attempt to clear the bar at 15 feet, Bob Downs, a teammate, remarked: "What are the odds against your making it?"

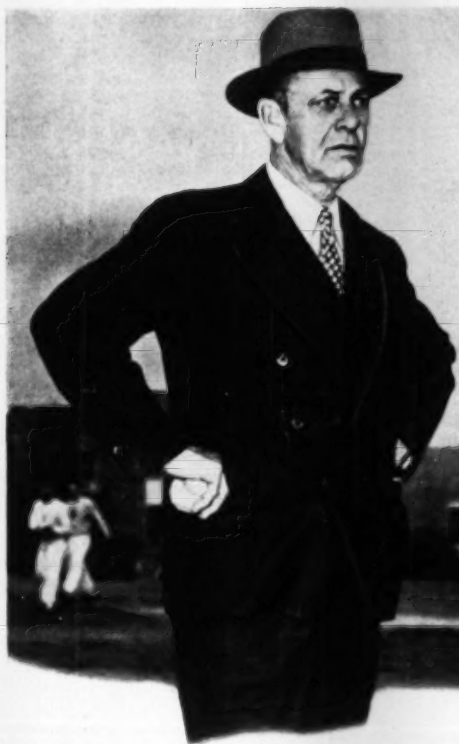
"About 50 to 1," Laz replied jokingly. "But because of my unwavering confidence in myself, I'd say they should be lowered to about 49 to 1." Thereupon he sped down the runway and became the second man in history to clear 15 feet. (From *The Coach*.)

Pete Andreshak, a student at Wausau (Wis.) Senior High School, wants to know if any football team can match his school's record of 46 straight victories. That's almost seven seasons in a row without defeat!

Who says that everything happens in Brooklyn? What about Boston? It was in Beantown last season that the Red Sox got 48 victories from two pitchers and didn't win the pennant.

Mel Parnell won 25 and Ellis Kinder captured 23, yet the Red Sox lost out to the Yankees—who had only one pitcher who managed to win 20 or over. That was Vic Raschi, with 21 wins. No other Yankee hurler won as many as 18 games.

Almost the same thing happened in Boston three years ago. With the Braves of 1947, Johnny Sain and Warren Spahn won 21 games apiece. Yet



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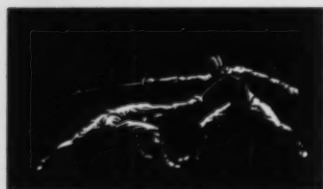
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the club finished third, eight full games behind Brooklyn.

It wasn't that the Dodgers set such a hot pace that only a great team could have caught them. Only 94 victories got them home. In 73 National League seasons, only 11 pennants were won with a percentage lower than the Brooklyn figure of .610.

*Boston, however,* hasn't a monopoly on this sort of stuff. It was in Detroit in 1944 that Hal Newhouser won 29 games and Dizzy Trout 27 without bringing a pennant to Briggs Stadium. That year the Browns finished first without a 20-game winner. They had only 89 victories.

Just loved Red Smith's comment on the system of electing players to baseball's hall of fame. Wrote Red: "A year or so ago, the writers took down the velvet rope and fashioned it into a noose to lasso reluctant demigods and drag them into Valhalla willy-nilly. The rules provided that if nobody was elected in the first free election, leading candidates would be run through the mill again with the purpose of forcing somebody to qualify."

"That arrangement has been properly abandoned. It should not be restored, even if several years pass without additions to the celestial population. Canonization in Cooperstown is not merely a life rap; it is intended to be as permanent as electrocution. A man accused of godliness, like a man charged with stealing pullets, is entitled to the benefit of all reasonable doubts."

*Our vote for the basketball game of the year goes to that weird Marietta College-Capital U. imbroglio in which the scored was tied 25 times. After five overtime periods, Marietta was awarded the victory by 100-99.*

But that wasn't all. After the crowd and players had left the floor, the official scorers, in making a final check, could locate only 99 points for Marietta. The officials, coaches, and players were called back, until it was finally decided to let the running score on the books and scoreboard take precedence.

*You have to hand it to Charles "Cuppy" Baer, of Tamaqua (Pa.) High School. On the sports field and off, writes his coach, Fred Graham, "Cuppy" has what it takes. In basketball, he has broken every record in his county—averaging nearly 16 points a game in four varsity seasons (81 games).*

In baseball (American Legion ball), "Cuppy" boasts a four-year batting average of .352 and has belted 26 home runs. He was chosen on the American Legion All-East team last year and whacked a double and a single against the All-West nine at Shibe Park.

"Cuppy," who gets his nickname from his love for cup cakes, can crack a book just as easily as he does a baseball. He has chalked up 15 A's

and 3 B's in his 18 subjects, and is president of the Tamaqua Junior Rotary Club, treasurer of the Hi-Y Club, and president of the German Club.

*Another basketball player* who rates hall-of-fame honors is Lauren Phelps, of Chenango Forks (N.Y.) Central School. Last May, Lauren lost his right leg in a highway accident. An artificial limb was made for him and nobody dreamed he would ever play ball again.

Came November, however, and Lauren went out for basketball. By the bravest kind of effort and spirit, he won a place on the squad. But that wasn't enough. Lauren kept trying until he made the starting team! In one of his first starts he tallied nine points. There's a word for kids like Lauren. It is "valiant." (The Phelps' story was passed on to us by Chenango Forks' principal, Charles D. Frier.)

*On the subject of handicapped athletes who have made good, you must mention Eugene Manfrini, Columbia U.'s 155-pound wrestler. Although totally blind, he was beaten only once the past season. Eugene is also a straight A student, plays the piano and organ, sings, and can fungo a baseball 340 feet.*

*A few weeks ago,* writes Buford Pringle, of Putnam, Okla., the Putnam High basketball team was playing Longdale High. Being out in front with plenty to spare, the Putnam coach threw in his green reserves. The nervous subs were doing quite well until the Longdale ace suddenly tossed in two quick baskets. It was obvious that he wasn't being guarded.

Time was called and the coach asked who was covering this number 7. Freddy said, "I'm covering number zero." When Paul was confronted, he replied, "I'm guarding number eight." The situation was thus happily solved.

*Beaver is just the word for Coach Jack Smith of West Palm Beach (Fla.) High School. While compiling an outstanding record in football, basketball, and track for the past 25 years, he has been teaching five or six classes daily of physical education, history or science; has served as athletic director and physical education director for 20 and 25 years, respectively; was county director of athletics and physical education for three years; was president of the state coaches association for five years; and managed to attend 27 coaching schools during his summers.*

For heaven's sake, who's been looking after the wife and kids?

*The four inveterate gamblers* sat down to play bridge, when suddenly one of them dropped dead. The other three looked down at their departed comrade in stunned silence. Finally one spoke, "Well," he said, "I guess we'll have to play three-handed pinocle."





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Players' Legs and Ankles  
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# 1950 Equipment Catalogs

## Butwin Sportswear

OVER 80 new sports jackets, athletic jackets, and other apparel for high school and college team wear are illustrated in the beautifully designed and illustrated Butwin Sportswear Co. catalog.

The catalog is 8½ by 11 inches in size and offers complete descriptions and illustrations of the famous Butwin line—all types of sport jackets, warm-up suits, travel and award coats, parkas, officials' jackets, and blankets.

For your copy of this catalog, write Butwin Sportswear Co., Finch Bldg., St. Paul 1, Minn.

## Voit Athletic Equipment

THE W. J. Voit Rubber Corp. is currently making heavy mailings of its attractive 1950 Catalog to distributors and schools.

New items illustrated and described include the XB20 Custom Built Basketball, now made with "cold rubber," an improved line of PG Utility Balls, an improved and more versatile BT2 Professional Model Baseball Batting Tee, a three-quarter length Air Mattress, Ear Protectors for swimming, and a redesigned Surf Crest-Rider.

All in all, some 75 items are catalogued. Copies may be obtained by writing to The W. J. Voit Rubber Co., 1600 E. 25 St., Los Angeles, Cal.

## Hanna Bats

IN addition to featuring the complete line of Batrite baseball and softball bats, the latest Hanna Mfg. Co. catalog features several pages of interesting information on bat manufacture and the selection and care of bats.

The Hanna bats are skillfully designed and carefully manufactured, and are offered in a wide range of styles—major league, scholastic, semi-pro, junior, etc.

A three-color job, 8½ by 11 inches in size, the catalog may be obtained by writing to The Hanna Mfg. Co., Athens, Ga.

## Ohio-Kentucky Gloves

THIS 9 by 6 inch catalog lists the Ohio-Kentucky Mfg. Co.'s 1950 line of Craft Built baseball and softball gloves and mitts. Printed on heavy gloss stock, it describes and illustrates the complete line of equipment—baseball and softball fielders

gloves, baseman's mitts, and catcher's mitts, plus a Juvenile line.

The items are made by expertly trained craftsmen using the best of selected materials, and are guaranteed to give satisfaction. The prices quoted are "list prices" subject to usual school and trade discounts.

For your copy, write to the Ohio-Kentucky Mfg. Co., Ada, Ohio.

## Rawlings Athletic Equipment

THE Rawlings Athletic Equipment Mfg. Co.'s spring and summer catalog is a 9½ by 6½ inch job jam-packed with illustrations and descriptions of the equipment pertinent to these seasons.

The sports covered include baseball, softball, tennis, badminton, golf, track and field, gym, softball, rubber play balls and supporters.

The baseball coverage is particularly comprehensive, embracing everything from soup to nuts, such as balls, gloves, mitts, bats, masks, protectors, sliding pads, leg guards, umpires accoutrement, undershirts, warm-up shirts, toe and heel plates, bases, plates, uniforms, belts, lettering, jackets, and other items.

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## Athletic Institute Guides

THE Athletic Institute is now marketing on a non-profit basis a new library of instructor's guides for group teaching of sports fundamentals. The sports covered include Baseball, Golf, Tennis, Archery, Bowling, and Tumbling.

The guides were originally prepared as integral parts of The Institute's sports instruction "kits," but because of the demand for the guide material and because the contents of each is independently self-sufficient, they are now being offered for sale under a non-profit sales program.

Each guide is 8½ by 11 in. in size, richly illustrated, and prepared under the direction of famous coaches. The Archery, Golf, Tumbling, and Bowling manuals sell for \$1 each, the Baseball guide sells for \$1.75, and the Tennis guide for \$1.25. The skills are excellently described and the illustrations can't be beaten.

You may order from The Athletic Institute, 209 South State St., Chicago 4, Ill. Discounts are available for quantity orders.

# Postum's NEW CHART OF TRACK CHAMPIONS CAN HELP YOUR TEAM TO A WINNING SEASON!



**The POSTUM Chart of Track Champions**  
(see reverse side of this page)

1. Shows the high school, college and world records for 17 outdoor track and field events. Your young athletes will want to compare their performance with these championship ratings.
2. Serves as an Honor Roll, for you to enter the name of your best performer in each event—thus encourages *all* your squad to develop their skill, and promote keener competition!

**CUT OUT THIS PAGE**—Post the Chart of Track Champions (see reverse side) on your athletic bulletin board.

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to acquaint more young athletes with the advantages of **caffeine-free POSTUM**—we offer 20 generous introductory samples of **POSTUM**. Distribute these samples to your most promising athletes—to help them train for the big meets ahead.

Remember, **100% caffeine-free POSTUM** has been recognized for years by coaches, trainers and star athletes as the ideal training table drink.



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# CHART OF TRACK CHAMPIONS

Presented by POSTUM—The Ideal Training Table Drink

List of Events	National High School Records	National College Records	World's Records	Our Team Records
100-YD. DASH	9.4s.	9.3s.	9.3s.	
220-YD. DASH	20.7s.	20.2s.	20.3s.	
440-YD. RUN	48s.	46.2s.	46.0s.	
880-YD. RUN	1m. 54.4s.	1m. 49.8s.	1m. 49.2s.	
ONE-MILE RUN	4m. 21.2s.	4m. 6.7s.	4m. 1.4s.	
120-YD. HURDLES (3 ft. 3 in. hurdles)	14s.	13.7s. (3 ft. 6 in. hurdles)	13.6s. (3 ft. 6 in. hurdles)	
200-YD. HURDLES (2 ft. 6 in. hurdles)	21.7s.	22.3s. (220-yd. course)	22.3s. (220-yd. course)	
HIGH JUMP	6ft. 7 $\frac{1}{8}$ in.	6ft. 11in.	6ft. 11in.	
BROAD JUMP	24ft. 11 $\frac{1}{4}$ in.	26ft. 8 $\frac{1}{4}$ in.	26ft. 8 $\frac{1}{4}$ in.	
POLE VAULT	13ft. 9 $\frac{5}{8}$ in.	14ft. 11in.	15ft. 7 $\frac{3}{4}$ in.	
SHOT PUT (12 lbs.)	59ft. 10 $\frac{1}{8}$ in.	58ft. 4 $\frac{3}{8}$ in. (16 lb. shot)	58ft. $\frac{3}{8}$ in. (16-lb. shot)	
JAVELIN	219ft.	234ft. 3 $\frac{1}{2}$ in.	258ft. 2 $\frac{3}{8}$ in.	
DISCUS (3 lb. 9 oz.)	179 ft. 2 $\frac{3}{4}$ in.	179 ft. 3 $\frac{1}{8}$ in. (4 lb. 6.4 oz.)	186 ft. 11 in. (4 lb. 6.4 oz.)	
RELAY— 440 YDS.	42.0s.	40.5s.	40.5s.	
RELAY— 880 YDS.	1m. 27.6s.	1m. 24s.	1m. 25s.	
RELAY— ONE MILE	3m. 21.4s.	3m. 9.4s.	3m. 9.4s.	
RELAY— TWO MILES	8m. 5.5s.	7m. 34.5s.	7m. 34.6s.	

For names of record holders, see page 50, Scholastic Coach, April 1950

## Top Stars and Trainers Recommend POSTUM



**CORNELIUS WARMERDAM,**  
only man ever to pole-vault 15 feet,  
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"As an athlete and coach, I've found that it takes IRON NERVES for a winning performance. So I don't risk 'coffee nerves'—100% caffeine-free POSTUM is my choice, and I suggest all young athletes try it."



**ROLLIE BEVAN,**  
famous trainer of  
West Point stars, says:

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Drink  
POSTUM  
made with  
milk—it's  
delicious

## Emil Zatopek

(Continued from page 10)

the natural offshoot of his heavy training schedule.

Since Zatopek doesn't indulge in separate limbering-up exercises, he incorporates his warm-up work into his actual training. He simply makes his first runs a bit easier, gains speed in the subsequent spurts, and eases off again toward the end of practice. He doesn't believe in gym workouts. To him, the actual running is everything.

Like most great champions, Zatopek has an uncanny instinct in shaping the pace and the scope of each training session. He always knows exactly when to work on speed or pace, and doesn't have to be told about his condition. What's more, he never lets anyone clock him in training.

Zatopek often trains right up to the day of the meet. Only when he feels extremely fatigued does he take off a day or two before a big meet.

On the day of the meet, he eats about three to four hours before the starting time. To limber up, he runs about 1500 meters with three or four "gradation runs," then stretches his limbs a bit. He rests for 20 to 30 minutes; then, just before going out for the start, he runs in place on the grass for 20 to 30 minutes.

He reports to the starting line in a state of high concentration. Thanks to his rigorous preparation, he can wear out his opponents by countless spurts and an incredible "kick" at the finish.

He makes it a habit to step up his pace soon as he feels a bit tired. Hence, the label, "running machine," is really a misnomer. There is not the slightest trace of machine-like evenness in his pace. Though his many small pace-changes may escape the spectator, his opponents can tell plenty about them!

After a race or training session, Zatopek likes to jog about on the grass to bring his circulation down to normal. He then takes a warm shower and gives himself a brisk rubdown with a Turkish towel. He never takes a massage.

To round out this analysis, the writer asked two leading specialists in the field of sports-medicine, Dr. Horn and Professor Schmied, for their diagnoses of Zatopek—both having examined him often during training and before and after his greatest contests.

They reported briefly: "Zatopek's constitution is nothing extraordinary. His lung-capacity and heart

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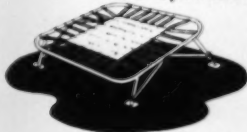
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dimensions are those of an average long-distance runner. The fibres of his organism *might* be of special quality, and his recuperative power, even after the greatest exertion, is extremely rapid."

Though Olympic champion and world record holder at 10,000 meters, Zatopek doesn't particularly care for the distance, since the "torture" here lasts much longer. However, he does want to try the marathon in the future.

As far as his running style is concerned, it is commonly known that his form is hardly esthetic. Since Zatopek is so highly individualistic in everything he does, this is hardly surprising. He knows well enough that the development of a "style" would have involved many more training hours than it took to develop his body.

## CHRONOLOGY OF ZATPEK'S BEST TIMES

Date	800 m.	1000 m.	1500 m.	3000 m.	5000 m.	10,000 m.
1941	—	—	4:20.0	—	—	—
1942	2:02.8	—	4:13.9	9:12.2	—	—
1943	1:58.7	2:35.8	4:01.6	8:56.0	15:26.6	—
1944	1:59.8	2:37.5	3:59.5	8:34.0	14:55.0	—
1945	—	2:34.6	4:01.4	8:33.4	14:50.8	—
1946	—	2:37.5	3:57.6	8:21.0	14:25.8	—
1947	—	—	3:52.8	8:08.8	14:08.2	—
1948	—	—	—	8:07.8	14:10.0	29:37.0
1949	—	—	3:57.0	8:19.2	14:10.8	29:21.2

*Italics represent best times, Zatopek has also run 2000 meters in 5:20.6.*

So it suffices him to run in the manner he does. Though his hips and legs are limber, his shoulder and arm work seems forced. The power of his legs is very evident. In the progress of a step, he advan-

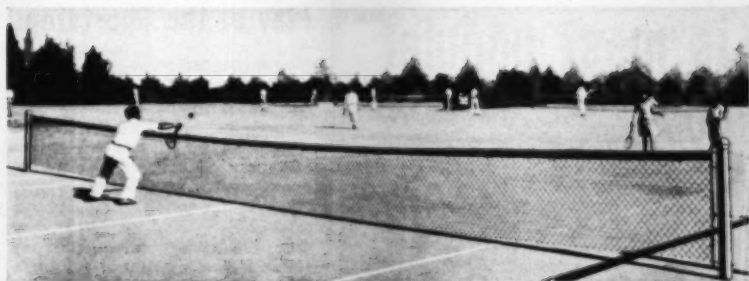
tageously "grips ground" beneath the body, landing on the outer edge of his foot and rolling up to the very tip of his toes.

All right, but who wants to try it like Zatopek?

## OFFICIAL TRACK AND FIELD RECORD HOLDERS, 1949

(See page 48 for Times and Distances)

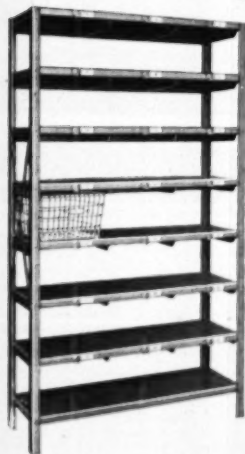
EVENTS	HIGH SCHOOL	COLLEGE	WORLD
100-yds.	<b>Jesse Owens</b> East Tech, Cleveland, 1933	<b>Mel Patton</b> USC, 1948	<b>Mel Patton</b> USA, 1948
220-yds.	<b>Jesse Owens</b> East Tech, Cleveland, 1933	<b>Mel Patton</b> USC, 1949	<b>Jesse Owens</b> USA, 1935
440-yds.	<b>Gerald Cole</b> Lancaster, O., 1948	<b>Herb McKenley</b> Illinois, 1946-47	<b>Herb McKenley</b> Jamaica, 1948
880-yds.	<b>Ross Bush</b> Sunset, Dallas, Tex., 1933	<b>Ed Burrowes</b> Princeton, 1940	<b>Sidney Wooderson</b> Great Britain, 1938
Mile	<b>Louis Zamperini</b> Torrance, Cal., 1934	<b>Glenn Cunningham</b> Kansas, 1934	<b>Gunder Hagg</b> Sweden, 1945
120-Hurdles	<b>Joe Batiste</b> Tucson, Ariz., 1939 <b>Lee Miller</b> Burbank, S. Antonio, Tex., 1947	<b>Forrest Towns</b> Georgia, 1936 <b>Fred Wolcott</b> Rice, 1940	<b>Harrison Dillard</b> USA, 1948
200-Hurdles	<b>William Bless</b> Jefferson, S. Antonio, 1948	<b>Harrison Dillard</b> Baldwin-Wallace, 1947	<b>Harrison Dillard</b> USA, 1947
High Jump	<b>Gilbert LaCava</b> Beverly Hills, Cal., 1938	<b>Les Steers</b> Oregon, 1941	<b>Les Steers</b> USA, 1941
Broad Jump	<b>Jesse Owens</b> East Tech, Cleveland, 1933	<b>Jesse Owens</b> Ohio St., 1935	<b>Jesse Owens</b> USA, 1935
Pole Vault	<b>John Linta</b> Mansfield, O., 1939	<b>Bill Sefton</b> <b>Earle Meadows</b> USC, 1937	<b>Cornelius Warmerdam</b> USA, 1942
Shot Put	<b>Darrow Hooper</b> No. Side, Forth Worth, 1948	<b>Jim Fuchs</b> Yale, 1949	<b>Charles Fonville</b> USA, 1948
Javelin	<b>Robert Peoples</b> Classen, Okla. City, 1937	<b>Robert Peoples</b> USC, 1941	<b>Yrjo Nikkanen</b> Finland, 1938
Discus	<b>Clyde Gardner</b> Newton, Ia., 1949	<b>Fortune Gordien</b> Minnesota, 1947	<b>Fortune Gordien</b> USA, 1949
440 Relay	<b>Boys, Brooklyn, N. Y., 1948</b>	<b>USC, 1938</b>	<b>USC, USA, 1938</b>
880 Relay	<b>North, Des Moines, Ia., 1948</b>	<b>USC, 1949</b>	<b>Stanford, USA, 1937</b>
Mile Relay	<b>Hollywood, Cal., 1929</b>	<b>California, 1941</b>	<b>California, USA, 1941</b>
2-Mile Relay	<b>Roosevelt, Des Moines, 1948</b>	<b>California, 1941</b>	<b>California, USA, 1941</b>



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# "Rifle club is most popular club in school,"

writes **Lewis H. Watson**, Junior Instructor  
Everett High School Rifle Club



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EVERETT, WASHINGTON

Scholastic Publications  
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Dear Sirs:

The rifle club of Everett High School is the most popular club in school, over one hundred active members shooting on our own fine school range. In addition, we have classes limited to thirty boys each from our two Junior highs.

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ment, marksmanship, target shooting, the construction of rifle ranges, and many other subjects of practical value. Just fill in the coupon and mail it to Rifle Promotion Section, Remington Arms Company, Inc., Bridgeport 2, Conn.



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City & State \_\_\_\_\_

## Play of the Shortstop

(Continued from page 13)

If the third baseman sees the runner can beat the relay, he hollers, "Take it," and the shortstop cuts it off and fires the ball to second base in an attempt to head off the runner trying to take an extra base.

The shortstop gets the pitching signs from the catcher and he relays them to the outfield by one hand in back and by pre-arranged voice signals to the other infielders.

The shortstop is never stationary. He should always be on the move.

If there are runners on first and second and a ball is hit to left-center, the shortstop must size up the situation immediately. He must figure out if both runners will score and whether there will be a play at third base or at home.

Covering second base on steals is done according to the batter and the type of pitch. With a fast left-handed batter at the plate and the pitcher throwing a fast ball or a curve, the shortstop covers second base. On a right-handed batter under these conditions, the second baseman takes the throw.

On a double steal, with men on first and third, the second baseman takes the short throw about ten feet in front of second base while the shortstop covers second base for the long throw.

On balls hit to the outfield, the shortstop dashes out to take the relay. He should not go too far into the outfield because if it is necessary to make the throw home, he can be more accurate on a short throw than on a long one.

### IF RUNNER BLUFFS

If the runner on third bluffs a steal home and retraces his steps to third base, and the runner on first keeps on going into second base, the shortstop, and not the second baseman, makes the play at that bag.

One thing to remember when tagging a runner is to tag him in almost the same motion you get the ball and then get rid of the ball as fast as you can.

Pop flies and pop fouls can take many a pitcher out of a jam and the shortstop who can master these plays will help his team greatly.

Size up a pop fly right away and if you think you can catch it, yell for it at once. If you can't take it, holler for either the left fielder, the center fielder, the second baseman or the third baseman to cover the play.

This is one of the phases of the game that requires constant practice. If the sun is shining brightly, the shortstop should take all pop flies back of third base because he can come in for the fouls at an angle and the sun won't get in his eyes as easily as it would for the third baseman.

Another difficult play for a shortstop is the play at home plate with the infielders in close on the grass. The shortstop and second baseman play a trifle deeper than the first and third basemen. A sharp hit ball should enable the shortstop to cut off the run at the plate.

On a slow hit ball, the shortstop may find it impossible to get his man at home and it is always best to remember to make the play at first and retire at least one man. A late throw to the catcher could lead to a big inning and affect the result of the game.

Sometimes the shortstop can figure in a trick play or two.

I well remember how I once got together with our third baseman and our catcher on a play that went like this: With a runner on third base, the third baseman was to move in like he would in fielding a bunt. This would draw the runner off the bag and down the baseline toward home plate.

Then I would sneak over to third base from shortstop, the pitcher was to pitch out, and I was to take a quick throw from the catcher to nab the unsuspecting runner, who naturally would be watching the third baseman.

The Pirate catcher and I used to have a signal for a pitchout to catch a runner sleeping on second base. We used it successfully against the Giants early one year.

The next time it backfired. John McGraw was coaching at third and when the runner got to second, I gave the signal to the catcher. Out of the corner of my eye, I saw McGraw moving about more and more in the coaching box.

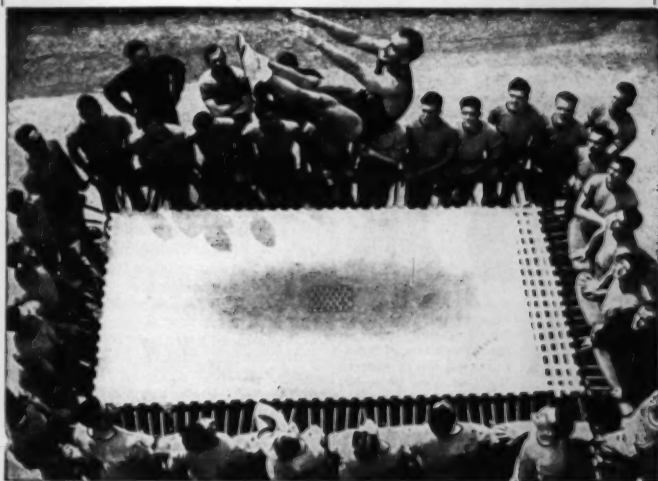
The catcher threw the ball and just as the ball left his hand, the runner on second dashed for third. McGraw had detected our signal.

Later, we met the Giants again and the same situation cropped up. I signalled the catcher and glanced at McGraw. He was showing unusual activity in the coaching box.

This time, however, the catcher bluffed the throw to second. The runner started for third and the catcher fired the ball to the third baseman and we had the runner out with plenty to spare.

We crossed up McGraw by changing the signal which he had previously stolen.

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## The Case for High School Boxing

(Continued from page 34)

Joseph M. Skiba<sup>13</sup> conducted a study on the number of blows thrown in the course of an amateur boxing bout. He found that in 61 attempted blows, the average amateur boxer only landed 29. Fifteen of these blows were left to the face, which are the lightest blows in boxing.

In a survey quoted by Dr. Steinhaus, which was conducted by Kenny, Thacker, and Gebhart of the University of Illinois it was reported that 12 universities had cases of punch-drunkness resulting from their boxing programs.

Although there are too few studies on this subject, it should be interesting to look at some investigations on punch-drunkness recorded at the Mayo Clinic and reported by H. L. Parker<sup>14</sup> in a paper read before the Neurologic Society, Chicago, Ill.

"A young man age 24, came to the Mayo Clinic on February 9, 1934, because of a weakness of the legs and tremor of the hands.

"At the age of 15, he had commenced to box, first as an amateur. He had become a professional at the age of 16 in 1926. In that year, in the course of a match, he had received a blow over the left temple, which had knocked him down, and caused him to bleed from his left ear. From 1926 to 1931 he had fought as a lightweight and averaged two fights a month. He had made no great headway in his profession, for he had lost as often as he had won, and he had not improved his technique greatly.

"He was not a very good boxer, although he was willing to take considerable punishment in the hope of getting a final victory by knocking out his opponent or wearing him down. He had been knocked unconscious many times, but only for short intervals. One time he finished 8 rounds after being knocked down and had no subsequent memory of it. In 1929 he had been knocked down five times, but he had not been knocked unconscious; the referee stopped the fight. The patient usually made little effort to guard himself, and as a consequence he had a flattened nose and two cauliflower ears.

"In 1928 he was told by his manager that his chances of rising in his profession were slight, and the opportunities for getting good matches becoming less and less, he decided in 1929 to retire from the ring, and become a filling-station attendant. He felt well during that time.

"In April, 1932, the chance of making money from a bout presented itself and he reentered the ring. He was knocked down twice in the third round, once by a blow over the left eye and temple. He took a count of nine and then finished the fight of six rounds. Immediately after the fight he felt as usual, but a few minutes later he took a drink of water which he promptly vomited. After consulting a physician he returned to

bed where he stayed for 3 days.

"Two months later in June 1932, chance of another fight came to him . . . however, he was unable to endure for any length of time. He had to give up the idea of fighting.

"Other case histories follow the same general pattern, with years and years of continued beating for fifty-two weeks a year."

From these case histories and from this writer's own observations of men totally punch-drunk or just starting to manifest the punch-drunk syndrome, it is very apparent that the individual must be subjected to far greater punishment, both as to the number of blows and to the severity of them, than would ever be received by any scholastic or collegiate boxer.

E. L. Haislet<sup>15</sup> in his book *Boxing*, says, "Punch-drunkness is a comparatively rare condition and not common to amateur or intercollegiate boxing. Some individuals are so built that they can stand almost any amount of punishment about the head. Other persons can only stand a moderate amount. If a person is subject to headaches from a blow on the head he should not participate in any sport involving body contact."

#### QUESTION THE SUPERVISION

In the light of these statements, physical educators must strongly question the type of supervision at the twelve universities reporting cases of punch-drunkness. Was it the activity, or was it the supervision which caused the accidents?

Dr. Steinhaus quotes Kenny, Thacker, and Gebhart<sup>16</sup> as reporting that in a survey of 84 colleges and universities sponsoring boxing, slightly more than 50% did not favor boxing as an intercollegiate activity. Nearly 20% of those which had boxing teams opposed the practice.

Of 62 health service directors, only 15% deemed boxing an appropriate high school activity. Another 18% favored it with reservations, whereas 58% outspokenly opposed it and 9% were doubtful.

However, in reporting this study, Dr. Steinhaus neglected to mention the survey made of 46 leading psychiatrists, asking about the desirability of boxing as a school activity. Exactly 57.1% of these men were in favor of boxing in the curriculum. Only 21.4% were categorically opposed.

Dr. Franz Shucks,<sup>17</sup> medical advisor to the Federal Security Agency Committee on Physical Fitness, reporting in a U. S. Government publication titled, *Head Injuries in Boxing*, has made the most complete analysis of boxing that could be found. In concluding his article he says, "With



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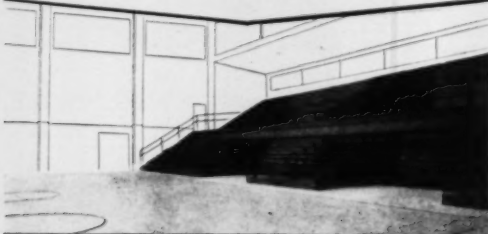


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these precautions (he refers to elements of supervision which include a well-padded floor and a competent instructor), school boxing seems sufficiently safe from the medical point of view." (This writer is opposed to boxing programs unless the above precautions are observed.)

Boxing, unlike most other sports, is an activity about which our physical educators know little. Few physical directors know more than a smattering of the fundamentals, and even fewer have ever competed on an intercollegiate level. When somebody is unfamiliar with an activity, he naturally is doubtful about its usefulness, particularly when it is a sport involving a great deal of body contact.

### REQUIRES TRAINED EXPERTS

Boxing requires a highly trained expert to teach it successfully. It would be desirable for the instructor to have participated to an extensive degree before attempting to teach. This is where the problem lies.

Men who have the boxing background seldom have the educational requirements needed to teach, and men who do meet the educational requirements do not have the boxing experience.

The physical education institutions have sadly fallen down in this respect. The men they turn out, although well trained in almost every sport, do not receive enough boxing to conduct a program with any hope of success. If an institution can find a man who has both the educational requirements and an adequate boxing background, it can be assured of the success of a very healthful physical activity.

According to Kenny, Thacker, and Gebhart, the majority of psychiatrists are in favor of boxing, while the majority of physical directors are opposed to it. Why?

### FOOTNOTES

- <sup>1</sup>Wren, Rinaldo. "Boxing as an Intramural Sport in High Schools." *Sierra Educational News*, Nov. 1941, p. 33.
- <sup>2</sup>Williams, Martin E. *School Activities*, Apr. 1, 1939, p. 343.
- <sup>3</sup>Wallach, Ben. "Boxing Carnival." *High Points*, June 1943, p. 74.
- <sup>4</sup>Lindsey, R. C. "The Boxing Tournament in the Senior High School." *Ohio Schools*, Jan. 1943, p. 30.
- <sup>5</sup>Jokl, E. *The Medical Aspects of Boxing*, 1941, p. 251.
- <sup>6</sup>Aviation Training Division of the Office of Chief of Naval Operations, U. S. Navy. *Boxing*, p. 13.
- <sup>7</sup>Winterstein, C. E. "Head Injuries Attributed to Boxing." *The Lancet*, 1937, p. 720.
- <sup>8</sup>Lloyd, Deaver. *Eastwood, Safety in Athletics*. W. B. Saunders Co.
- <sup>9</sup>Williams, Martin E., op. cit., p. 343.
- <sup>10</sup>Wren, Rinaldo, op. cit., p. 35.
- <sup>11</sup>Lindsey, R. C., op. cit., p. 30.
- <sup>12</sup>Wallach, Ben, op. cit., p. 74.
- <sup>13</sup>Skiba, Joseph. "Objective Study of Boxing." *Journal of Health and Physical Education*, Dec. 1935, p. 33.
- <sup>14</sup>Parker, H. L. "Traumatic Encephalopathy of Professional Pugilists." *Journal of Neurology and Psychopathology*, 1934-35, p. 20.
- <sup>15</sup>Haislet, E. L. *Boxing*. A. S. Barnes & Co., New York, 1940, p. 109.
- <sup>16</sup>Kenny, Thacker, Gebhart. "Boxing as a College Activity." *Research Quarterly*, March 1940, p. 90.
- <sup>17</sup>Shucks, Franz. "Brain Injuries in Boxing." U. S. Government Printing Office, p. 13.

## Distance Running

(Continued from page 11)

Zatopek and Heino try to adhere closely to this sort of training plan. Nurmi's carrying of a watch is already track history, but unfortunately many American runners feel that this is something to be ashamed of.

The writer photographed Heino running the third fastest 10,000-meter race that has ever been run. Had Heino depended on other pace-setters to carry him along, he would not have finished in less than 31 minutes, since they were all more than a half lap behind him. As it was, he ran under 29½ minutes. He had a running plan. He stuck to the plan!

From a simple physics viewpoint, it is very unwise to alternately slow and speed up the pace. The cost of accelerating any moving body, from the energy viewpoint, is always much greater than the energy needed to keep it moving along at an even pace. This speeding up, regardless of its purpose, is energy wasted.

The ideal system is an even pace and, if anything, a gradual slowing down throughout the race. There is no sense behind the idea of trying to speed up at a time when you are most fatigued.

### JOCKEYING DOESN'T WORK

It is unfortunate that many distance runners think they can throw off their opponents by jockeying tactics. No one ever defeated a real champion in this way, since he will never let himself be misled; and by merely holding his pace he will finish in due time and in good time.

McKenley practices this technique to perfection. He runs the fastest he can from start to finish. Although he may stagger home, he does so in the respectable time of 46 seconds. Which is not so bad! That is a 21.5 and a 24.5 furlong. He runs the slowest when most tired, which commonsense tells us is sound.

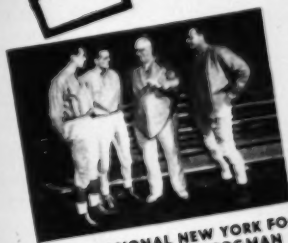
Much concern has been evidenced with regard to placing the landing foot. The fundamental technique advised in Finland is to allow the ankle to relax completely as the free leg swings forward, so that the foot lands on its outer edge. This happens because there is a natural tendency of the foot to ro-

(Concluded on next page)

# 2

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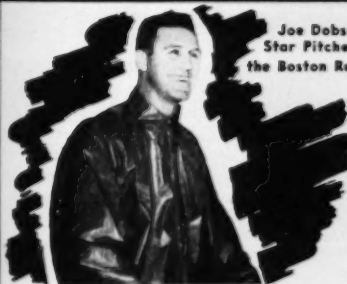
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tate inward as the ankle relaxes.

The sole of the foot strikes the ground an imperceptible fraction of a second prior to the heel and foot as a whole. In fact, it is almost impossible to separate the heel and sole contact times.

The importance of this type of foot landing is that it takes the principle strain off the calf muscles, which, though a powerful muscle, is very prone to fatigue in long distance running.

Another mechanical concept of considerable importance, but very difficult to explain, is as follows:

If we look at the body as a mechanical elastic system, we note that as one side of the body is twisted to the front in coordination with the thrust of the opposite leg, there is a reverse twisting of the rest of the body.

This alternate twisting of the body segments, principally around the trunk as an axis, puts the body and hip muscles under considerable stretch and tension at the beginning and end of each stride. The principal objective of an efficient runner is to utilize (knowingly or not) this rebound of the stretched muscles in his leg drive and run rhythm. This implies a perfectly rhythmical

arm action in coordination with that of the legs.

Incoordination is often observed in distance runners when they try to sprint; they do not speed up their arms in relation to their increased leg speed. These rhythmical arm and shoulder movements combine with ballistic-like leg strokes to make for efficient running mechanics.

Finnish coaches try to ingrain this pattern into their distance runners' form. The runner must learn to use his natural coiled springs (the muscles) which are alternately stretched and which rebound on each successive stride.

Zatopek, despite many opinions to the contrary, is one of the most efficient runners from the waist down the writer has ever observed. His knees are lifted a negligible distance above the ground before him, there is a minimum back throwing of the leg, and he maintains a relatively moderate body lean in excellent proportion to his relatively short pattering stride. He seems to shuffle along rather than jump from step to step.

Heino is quite similar in leg action, but possesses a much better arm action. Zatopek makes grotesque

**F**ORMER N.C.A.A. pole vaulting champion at Columbia U. (1939), Dick Ganslen is now recognized as one of the country's foremost track analysts. An indefatigable researcher, he has put in considerable laboratory time on skill techniques at Springfield College, Rutgers, and Illinois, where he is currently an instructor in physical education. He has been a regular Scholastic Coach contributor for the past three years.

facial contortions throughout his run and carries his arms rather stiffly across his chest, deriving most of his upper body rhythm from the oscillations of his shoulders. It would be unwise to copy his upper body carriage.

It is interesting to note that the Scandinavian runners never train on running tracks. They use cross-country work instead and often work out along the soft sandy shore of a lake to keep their muscles soft. Even before a competitive race, they warm up only on the infield or outside of the stadium.

What other explanation might there be for the European domination of long-distance running?

The writer had the pleasure of visiting with Dr. E. H. Christensen and Dr. Erling Asmussen, two of the world's foremost exercise physiologists, in Sweden and Denmark.

Dr. Christensen showed the writer charts of the oxygen intake of champion Swedish distance runners, taken running on a treadmill and while ski-running. This data showed that a man who could take in 3.9 liters of oxygen per minute on the treadmill would take in 4.9 liters of minute ski-running under comparable conditions.

In other words, ski-running can improve the circulation by as much as 20%. Since all the Scandinavians ski-run all winter, their runners come to the track in the spring with a highly conditioned circulatory system and only need to condition their muscles to the actual running. Dr. Christensen feels that this is the primary reason for the better long distance performances.

Cross-country is our substitute for ski-running, but no matter how vigorously it is done it cannot place the work load on the heart needed to condition this muscle, as skiing does.

It would be interesting to have several American runners work under European coaches and conditioners for a season and see what would happen to their performances.

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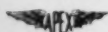
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## Tennis Doubles

(Continued from page 7)

move back for lobs over his head.

A smart net player will never remain absolutely stationary. To keep alert and prepared for the next shot, he will move around a bit. This is hardly more than a weaving or shuffling or shifting of weight within a very small area.

**Incorrect position of server and his partner:** This is denoted by the broken X's in the diagram (on serving side of court). The server, from the position denoted by the broken X, will find it almost impossible to return shots angled toward his doubles sideline. The only shots he will be able to handle effectively are those down the center of the court. And a smart opponent will give him few opportunities at those shots.

The server's partner, from his broken X position, will be able to handle only one type of return effectively—a straight down-the-line shot. By playing so close to the net and sideline, he forces his partner to cover more than three-fourths of the doubles court. This, of course, is impossible.

**Correct position for return of service:** The receiver should take a position on or just inside the baseline, a foot or so from the singles sideline. Returning the service from this position is not as difficult as it would seem when first attempted. Constant practice is necessary, however, to become adept at returning service from this position.

The receiver's partner should assume a position on the cross service line midway between the center service line and the doubles sideline. However, if the server has a severe service, it is advisable for the man up front to take a position on the baseline. Should the server fault his first service, the player should immediately assume the position in the forecourt.

**Incorrect receiving positions for return of service:** The position denoted by broken X-1 is usually taken by a player attempting to prevent a service to his backhand. By doing this, he over-exposes his forehand. A smart server will angle his serve toward the sideline, thus pulling the receiver well out of position for the return.

By standing far back of the baseline, as shown in broken X-2, the receiver also invites a sharply angled service. This deep position of the receiver also permits the server more time to get close to the net in volleying position.

The position shown in broken X-3

enables the receiver to cover sharply angled serves, but over-exposes him on serves down the center service line.

In conclusion, it should be remembered that practice makes perfect. To improve doubles play, it is necessary to get as much playing experience as possible, especially with many different types of players and doubles combinations.

Following are some commonly misunderstood doubles rules:

1. A player receives the service in either the left or the right court for the entire set. After the set has been completed, a player may change from the left to the right court, or vice versa. He is not permitted to do so while the set is in progress.

2. At the start of a new set, either partner may start serving for his team. Many players feel that because one player served last in the preceding set, it is necessary for his partner to start service in the next.

3. While it is a "fault" in singles for a player to serve from a position behind the baseline between the singles sideline and the doubles sideline, this is perfectly legal in doubles play.

## "Here Below"

(Continued from page 5)

19-year-old sophomore named Dick Coleman. Dick has everything to develop into the greatest negro vaulter of all time. He has speed, strength, height, and a beautiful build with broad, powerful shoulders, narrow hips, and light legs.

He is quite high strung, but this is an asset. I wouldn't let him jump over 12-6 until early February. I kept him on fundamentals, fundamentals, and more fundamentals. He then progressed to 13-6 in practice and stopped there temporarily because of form difficulties.

On February 8, he finally did it—clearing 14 feet. He thus became the first member of his race ever to clear that height.

The more I work with pole vaulters, the more I am convinced that the major coaching problem is "psychological conditioning." I spend a great deal of time talking my men up to greater heights. This must be done with great care and the approach must vary with the individual.

By the way, old man Ganslen occasionally jumps with the boys and still manages to do 13-6 pretty regularly. But, lord, our boys start the bar at 12-6 in practice and keep pushing it up all the way to 15 feet!

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## Mechanics of Soccer Officiating

(Continued from page 24)

teams lined up for the kick-off on time. Taking up a position on the mid-field line or close to it and at least five yards out of the ten yard restraining circle, the hand of the official should be raised to get the attention of the manager's table, then the whistle should be blown loudly to start the game.

The first important rule to remember is that the whistle does not start the game. It merely indicates that the three men over the ball may now put the ball in play.

Many defensive players rush within the restraining circle on the whistle but before the ball is touched. If this occurs, the whistle should be blown and the defensive players warned to stay the ten yards distant until the ball is played.

From then on the official must keep close enough to the play to be in a position to see infractions, but not so close that he might get in the way.

On free kicks he must make certain that defensive players are ten yards from the ball until the ball is kicked. He must make certain that he is in a good position to call the off-side play required on many

free kicks and that the free kick is not taken until he blows the whistle.

An important duty of the official is to give the goalie full protection against illegal charging by opposing linemen. Dangerous charging should be called quickly, warning the player involved, and awarding a free kick to the goalie's team. However, continued dangerous charging which might result in an injury to the goalie should call for a more severe penalty than a free kick. After the first warning, the guilty forward should be removed from the game.

The goalie's handling of the ball in the penalty area should be watched closely for excessive running.

On penalty kicks, the official should make certain that the goalie's heel remains on the goal line until the ball is kicked.

Another point the official should keep in mind concerning goals, out of bounds, corner and goal kicks, is the question of when is the ball out of bounds, in the goal, or over the goal-line? The important thing to remember is that the situation is controlled by the position of the

ball and not the player or players involved.

For instance, the goalie could be standing within the goal and be holding the ball with arms extended out on the field of play. This would not be a goal.

On the other hand, the goalie could be standing in front of his goal and draw back his arm to throw the ball and allow his hand and the ball to be over the goal-line and within the goal. This would be a goal. The ball does not have to be on the ground.

For instance, on a corner kick, the ball could curve off the field of play and back on before reaching the goal-mouth. The official should blow his whistle and immediately call for a goal kick.

One more tip concerns too much whistle blowing. This can be cut down if a couple of points are kept in mind.

First, on fouls involving contact between players, the essential point to remember is whether the man was playing the ball or the man and also whether the play was dangerous.

Secondly, the matter of "hands." Many of the "hands" in mid-field where the man doesn't play the ball and it does not give him control of the ball, should not be called.



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## Small vs. Large Schools

(Continued from page 22)

odds nearly two to one against them. The school with the larger male enrollment defeated the smaller school 70 times while losing only 26 times.

In other words, if a school of 225 boys played a school of 150 boys, the advantage of the larger school still held true.

The teams representing schools with male enrollments between 250 and 500 were interesting in that they won 116 games while losing only 113. Against schools enrolling between 500 and 750, they found the going rough—winning 31 games while losing 45.

The 750-plus schools found their size not too great an advantage, since they scored 54 wins as against 45 defeats against smaller opponents. These same schools registered 23 victories and 17 losses against schools in their own class.

The same pattern is observed in baseball. In 429 games last spring, 273 were won by the schools with the larger male enrollments.

Schools in the 250 to 500 class met schools outside their class 182 times and won 98 while losing 84. Schools enrolling from 500 to 750 males won 47 and lost 31 against smaller opponents (250-plus and 250-minus).

The 750-plus schools produced a record of 42 wins and 15 losses against the 250-plus and 250-minus schools. And when the 500-plus schools met the 750-plus schools, the result was a split—29 wins and 29 losses.

Track offered fewer dual meets as a basis for judgment, as many schools competed in larger meets and thus did not fall under this study. Only in this sport did the smaller schools win more meets than the larger ones.

Schools numbering less than 250 enjoyed success in this field apparently because a few, including my own, run a regular indoor track program. As a result the smaller schools defeated their larger rivals 18 times in 25 meets. The plus-250 schools won 18 while tasting defeat 18 times. Schools in the 500 class won 29 while dropping 25. The top class scored 17 wins against 11 losses to smaller opponents.

Because some schools who concentrate on individual sports have success to a surprising degree and others with outstanding coaches enjoy fine records, it would seem that such schools lead the average person to discount the value of manpower. Nevertheless, the exceptions do not seem to offset the norm.

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**ALABAMA UNIV.**—Tuscaloosa, Ala. Aug. 15-18. H. D. Drew, director. Courses: Football, Basketball, Track, Baseball. Staff: Bud Wilkinson and others to be announced. Tuition: Free.

**ARIZONA ST. TEACHERS COLLEGE**—Flagstaff, Ariz. Aug. 14-19. Russell E. Goddard, director, Phoenix (Ariz.) Technical H.S. Courses: Basketball, Football, Baseball, Track. Staff: Clair Bee, Matty Bell, others. Tuition: \$12.50, members: \$17.50, others.

**ARKANSAS ATHLETIC ASSN.**—Little Rock, Ark. Aug. 14-16. Courses: Football, Basketball, Track, Baseball. Staff: Bobby Dodd, Adolph Rupp, others. Tuition: \$12 (includes room and board).

**CALIFORNIA'S WORKSHOP AND SCHOOL**—San Luis Obispo, Calif. July 31-Aug. 11. William G. Lopez, director, 451 North Hill St., Los Angeles 12. Courses: All Sports and Physical Ed. Staff: Red Sanders, Sam Barry, Vern Landreth, others. Tuition: \$14 (plus \$2 for incidentals) for two weeks attendance with four quarter units.

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**COLORADO COLLEGE**—Colorado Springs, Colo. June 5-9. Allison K. Binns, director. Courses: Football, Basketball. Staff: Frank Leahy, Forrest Anderson, Joe McArdle, Bernie Crimmins. Tuition: \$25 (plus \$25 room and meals). See adv. on page 67.

**COLORADO COACHES ASSN.**—Denver, Colo. Aug. 22-25. N. C. Morris, director, 1532 Madison St., Denver 6. Courses: Football, Basketball, others. Staff: Jess Neely, others. Tuition: \$10, non-residents; free to Assn. members.

**COLORADO UNIV.**—Boulder, Colo. June 19-July 22. Frank C. Potts, director. Courses: Football, Basketball, Track, Gymnastics. Staff: Dallas Ward, Forrest B. Cox, Frank Potts, Charles Vavra.

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**EASTERN PENNA. COACHES ASSN.**—East Stroudsburg, Pa. June 19-23. Marty Baldwin, director, Box 109, Stroudsburg, Pa. Courses: Football, Basketball, Wrestling, Training. Staff: Ivy Williamson, John Michelosen, Sid Gillman, Cliff Wells, Billy Sheridan, Eddie Zanfrini. Tuition: \$35, state coaches; \$38, others (includes room and board). See adv. on page 64.

**EDINBORO COACHING SCHOOL**—Edinboro, Pa. Aug. 8-11. Jim Hyde, director, Academy H.S., Erie, Pa. Course: Football. Staff: Sid Gillman and Cincinnati U. staff, Beattie Feathers and North Carolina St. staff, Lou Tullio. Tuition: \$15, members; \$20, others (plus \$2.50 per day room and board).

**FLORIDA A. & M. COLLEGE**—Tallahassee, Fla. Jake Gaither, director. Course: Football. Dates and Staff to be announced. Tuition: \$20.

**GEORGIA COACHES ASSN.**—Atlanta, Ga. Aug. 14-19. Dwight Keith, director, 115 Walton St. N.W., Atlanta. Courses: Football, Basketball, Track, Training. Staff: Jess Neely, Herman Hickman, Bobby Dodd, Hank Iba, Ray Graves, others. Tuition: Free, Assn. members; others, \$10 ea. for football and basketball.

**IDAHO COACHES ASSN.**—Boise, Ida. July 31-Aug. 4. Jerry Dellinger, director, Jerome (Ida.) H.S. Courses: Football, Basketball, Baseball, Training. Staff: Frank Leahy, Ev Shelton, Frank Cramer, others. Tuition: \$15. See adv. on page 64.

**ILLINOIS ST. NORMAL UNIV.**—Normal, Ill. June 13-15. Howard J. Hancock, director. Courses: Football, Basketball, Track, Officiating. Staff: Wally Butts, Hank Iba, others. Tuition: Free.

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65.

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**SOUTH CAROLINA COACHES**—Columbia, S. C. Aug. 6-11. Harry Hedgepath, director, 1623 Harrington St., Newberry, S. C. Courses: Football, Basketball, Track, Baseball, Rules, Training. Staff: Frank Leahy, Cliff Wells, Wiems Boskin, others. Tuition: Members, \$7.50; others, \$15. (includes room, \$2 per day for board).

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**SPRINGFIELD COLLEGE**—Springfield, Mass. July 6-Aug. 11. Dr. Arthur A. Esslinger, director. Courses: Football, Basketball, Soccer, Baseball, Swimming, Tennis, Boxing, others. Staff: Eddie Hickey, Lefty James, Irvin R. Schmid, Springfield College faculty. Tuition: \$13.50 per semester hour. See adv. on page 66.

**TEXAS COACHES ASSN.**—Austin, Tex. July 31-Aug. 4. L. W. McConachie, director, 2901 Copper St., El Paso. Courses: Football, Basketball, Track, Baseball, Training. Staff: Biggie Munn, Bud Wilkinson, Adolph Rupp, Hank Iba, Eddie Wojacki, Clyde Littlefield, Marty Karow, Gomer Jones, Hugh Doherty. Tuition: \$12, members; \$17, non-members; \$15, college coaches. See adv. on page 66.

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COLORADO COLLEGE, COLORADO SPRINGS, COLO.



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They shed water rapidly and dry quickly to a smooth fresh appearance. Meet all official requirements.

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white, royal, black  
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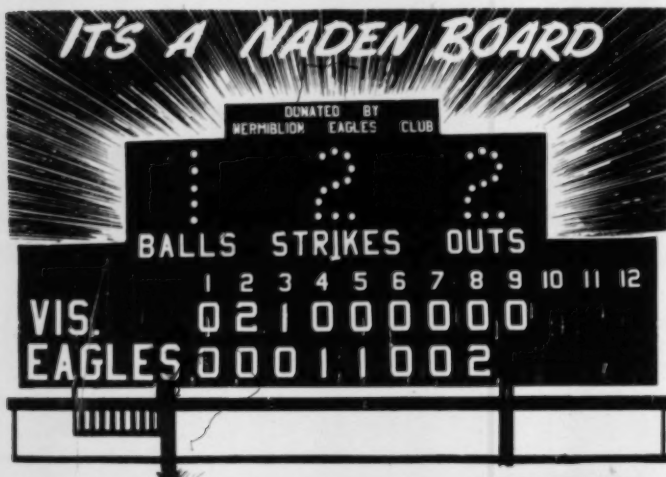
## TERRY ROBES

white  
small, med., large  
**\$5.50 each**

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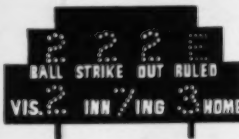


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WEBSTER CITY, IOWA



The NADEN N-411 is all electric.  
Controlled by scorer. No delay—  
accurate. Write for details.

# COACHING SCHOOL DIRECTORY

**UTAH ST. AGRICULTURAL COLLEGE**—Logan, Utah. June 5-9. Joe E. Whitesides, director. Courses: Football, Basketball, Baseball, Training. Staff: Jess Neely, Bruce Drake, Bert Dunn, Roland Logan. Tuition: \$10.

**VIRGINIA H.S. LEAGUE**—Lexington, Va. Aug. 10-12. R. A. Smith and Frank Summers, co-directors. Courses: All Major Sports. Staff: Virginia Big Six Coaches. Tuition: \$2.50, state coaches; \$10, others.

**WASHINGTON COACHES ASSN.**—Seattle, Wash. Aug. 21-25. A. J. Lindquist, director, Garfield H.S., Seattle 22. Courses: Football, Basketball, Track, Baseball. Staff: Henry Frnka, Eddie Hickey, Hec Edmundson, others. Tuition: Free, Assn. members; \$10, others.

**WEST CENTRAL PENNA. COACHES ASSN.**—Johnstown, Pa. Aug. 9-11. E. Clark Shaffer, director, Johnstown (Pa.) H.S. Courses: Football, Training. Staff: Nationally Famous Coaches to be announced. Tuition: \$20, members; \$25, others. See adv. on page 66.

**WESTERN ILLINOIS ST. COLLEGE**—Macomb, Ill. July 11. Ray Hanson, director. Courses: Football, Basketball, Officiating. Staff: Ray Eliot, Stu Holcomb, Eddie Hickey, Forrest Anderson.

**WEST VIRGINIA UNIV.**—Morgantown, W. Va. June 8-July 18. F. J. Halter, director. Courses: Football, Basketball, Training, Rules Interpretations, Intramurals, Athletic Administration. Staff: University faculty, A. E. Lumley, Jack Gardner, William Fugitt, Dana Lough. Tuition: \$5 per hour, in-state residents; \$7 per hour, out-of-state residents (plus \$2.50 per day room and board). See adv. on page 66.

**WISCONSIN COACHES ASSN.**—Madison, Wis. Aug. 14-18. Harold A. Metzen, director, 2106 E. Mifflin, Madison. Courses: Football, Basketball. Staff: Wes Fesler, Ivy Williamson, Tippy Dye, Bud Foster. Tuition: \$5, members; \$10, others.

**WISCONSIN UNIV.**—Madison, Wis. June 26-Aug. 18. Robert Nahr, director. Courses: Coaching, Physical Education, Health, Recreation. Staff: Regular Univ. Staff. Tuition: \$60.

A more comprehensive directory will appear next month. If you have a school you would like listed, send details to Scholastic Coach, 7 E. 12 Street, New York 3, N. Y.



## Organization For Large Meets

(Continued from page 20)

In the javelin throw, have all competitors take their turn—leaving the javelins where they strike until everyone has thrown. Then identify by an assigned number and mark the distance of each competitor's effort. Finish the preliminary and final throws before measuring the best throws. A similar procedure is possible in the discus and shot by marking with assigned and numbered markers.

### PRE-MEET INSTRUCTIONS

Information pertinent to the running of the meet is sent to all schools several days before the day of the event. Important information in this correspondence includes:

1. A tentative schedule. Actual schedule is given on arrival of the team.
2. The events in which heats can be expected.
3. The assignment of division or class.
4. The type of awards to be given; special event prizes.
5. The handling of ties. Splitting of points and how awards are to be distributed.
6. The number of events in which each athlete is allowed to compete.
7. A map of the area showing starting and finish points, pits and classes assigned to them, warm-up area and competitors' section.
8. The dressing room assignment.
9. The entry fees required and how they are to be paid.
10. The points to be given for winning athletes.
11. The procedure of the winners' ceremony at the award stand.
12. That the assignment of lanes and drawing for heats is to be done by a committee.

### SPECTATOR INTEREST

Do not forget the paying customer. Remember that the meet is a display of athletic skill. Back it up with precision in the organization of the meet and showmanship.

One feature that appeals to athletes and spectators is the award stand. Extra effort to place the stand in an attractive setting is well worthwhile. Plan an award stand that is attractive and conspicuous. Determine in advance who is to

## PERFECT TURF for Football and Athletic Fields with a MARCH AUTOMATIC IRRIGATION SYSTEM

### HERE IS WHAT JUST ONE USER HAS TO SAY:—

"We have used the March Irrigation System for the overhead watering of our MEMORIAL ATHLETIC FIELD for the past three years. We have found it to be the most efficient and economical method of watering the field that we have seen or used. We have been able to keep the field green and growing with a minimum amount of attention and care. We can recommend this system of irrigation."

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Montague, Michigan.

For information on this sensational low cost irrigation system for Athletic Field and Football Fields write at once asking for booklet "C."

*You are paying for the system every three years anyway, when you water by old fashioned hand methods.*

**THE MARCH AUTOMATIC IRRIGATION CO.**  
**BOX 218 C, MUSKEGON HTS., MICHIGAN**

## Fight ATHLETE'S FOOT THESE 3 WAYS...

### HERE'S THE SOUND, TESTED PROGRAM FOR ATHLETE'S FOOT CONTROL:



#### 1. ALTA-CO POWDER

...for the all-important foot tub in your shower rooms. One pound to a gallon of water kills common Athlete's Foot fungi in less than a minute! Non-irritating; harmless to towels. Easily tested for proper strength with Dolge Alta-Co Powder Tester.



#### 2. ALTA-CO FOOT POWDER

...for dusting, gives additional protection against re-infection. Soothes while drying between toes in shoes and socks, this potent but gentle fungicide does its work where Athlete's Foot fungi flourish.



#### 3. ALTA-CO 300 H. D. FUNGICIDE

...for your daily, systematic washing of shower room floors. In economical solution, (1 to 300), its action is both fungicidal and bactericidal, giving your floors the same hygienic sanitation you demand be taken by each user of your facilities.

Write for 36-page illustrated booklet, "Athlete's Foot—A Public Health Problem"

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WESTPORT, CONNECTICUT





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### Recreational Balls

BADMINTON GOLF PRACTICE  
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For Every Sport  
SHRINK-TREATED WOOL  
OR 100% NYLON



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GYMNASIUM and PLAYGROUND  
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STEEL GRANDSTANDS.  
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## FLOOR SEALS

(Bram Super-Finish)

High Gloss • Non-Slippery

**BRAM CHEMICAL COMPANY**

2107 W. Erie Ave., Philadelphia 40, Pa.

present the awards. The use of the Queen and her Court, well-known athletes or other dignitaries add to this feature.

A second announcer, the field announcer, keeps the spectators informed. His task includes:

1. Announce the results of the event immediately after its completion from his copy of the event sheet. This announcement can be coordinated nicely with the presentation of awards.

2. Keep spectators posted on coming events, record-breaking performances, and score.

3. Call attention to unusual competition in any event then in progress.

4. Point out name and number of athletes of champion caliber.

5. Assist in announcing the features of the meet ceremony.

Time should be included in the schedule to allow for a short ceremony. Ideas possible in this part of the program include:

1. Presentation of a meet Queen and her Court.
2. Band (or bands) maneuvers.
3. Presentation of colors and flag-raising ceremony.
4. Fireworks display; especially attractive at a night meet.
5. Drill team activity.
6. Parade of officials and athletes.
7. Torch-lighting ceremony.

### EMPHASIZE PLANNING

Enough emphasis cannot be placed on the necessity of planning and foresight. Attempt to account for any eventuality in organizing the meet. If it is a yearly event, profit from the errors and "bugs" of the previous meets.

Immediately after the meet, hold a general meeting of all committee members. Allow them to discuss their contribution and to suggest ways to improve their task. During the meet, place people among the spectators, coaches, athletes, and the press to listen to the comments of these groups. Many valuable bits of information can be gleaned that will make future events more successful.

The Administrative Staff should send a copy of the official results of the meet to each school. At this time, if possible, announce the date of the meet for the following year. Finally, include a note of appreciation to all who contributed to the meet's success; this will be gratefully received by all committee personnel and officials.

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ACCLAIMED AT THE N.C.A.A.  
AT SAN FRANCISCO

- \* Force Feed - Instant Shutoff
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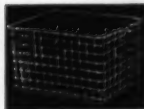
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Woven and welded checking baskets.



**UNIFORM HANGERS**  
Space saving uniform hangers.



Made from heavy gage, doubly welded steel wire. Available in sizes to meet your locker room needs. Write for descriptive literature.

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WRIST WATCH \$6.90

Plus 6% Fed. Tax

WITH INSTRUCTIONS

Money Back in 7 Days!

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Handsome Stainless Steel Expansion Band

Wonder Watch. For timing auto, airplane, horse races, athletic events.

• Tachometer • Telemeter • Hand & No. Glass in Back • Unbreakable Crystal • Large Red Sweep Hand • Tells Time • Measures Speed & Distance • Stop Watch • Precision Made.

SENT ON APPROVAL. Deposit \$6.90 plus tax and postage with postman or send money order, save postage. (Same money back privilege.)

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2 PUSH  
BUTTONS



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Bresnahan Starting Blocks (Pat. 2144962)

1. Spike-resistant Rubber Face (Detachable)
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3. Adjusts to 5 angles of Foot
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- ☐ Details on Ozite Gym Mat Felt

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- ☐ Catalogs on
- ☐ Playground Equipment
- ☐ Swimming Pool Equipment
- ☐ Uniform Hangers
- ☐ Gymnasium Baskets
- ☐ Steel Basket Racks

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- ☐ Catalog on Baseball, Boxing, Football, Gym and Field Equipment

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- ☐ Coaches and Trainers Handbook

### BRAM CHEMICAL (70)

- ☐ Information on Floor Seals

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- ☐ Information on Starting Blocks

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- ☐ Information on Sports Jackets, Sideline Parkas, Basketball Warm-Up Suits

### CASTELLO FENCING (44)

- ☐ Information on How to Form, Equip, Train, and Schedule a Team
- ☐ Buyers Guide to Fencing Equipment

### CEDAR KRAFT (66)

- ☐ Information on Electric Scoreboards and Football Down Indicator

### CHAMPION KNITWEAR (34)

- ☐ Catalog on Track Uniforms for Practice and Meets

### COACHING SCHOOLS

Further information on

- ☐ Adams St. Coll. (65)
- ☐ Colorado Coll. (67)
- ☐ Eastern Basketball (64)
- ☐ Eastern Penna. (64)
- ☐ Idaho St. (64)
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- ☐ West Cent. Penna. (66)
- ☐ West Va. Univ. (66)

### COURTLEY, LTD. (43)

- ☐ Information on Antiseptic Body Powder

### CROUSE-HINDS (15)

- ☐ Sports Lighting Bulletin for Football, Baseball, Softball, and minor sports

### DANIELS, C. R. (31)

- ☐ 1950 Dandux Sporting Goods Catalog

### DAYTON RACQUET (46)

- ☐ Rules and Court Layouts for Badminton or Tennis

### DUNLOP RUBBER (40)

- ☐ Booklet, "How to Improve Your Tennis Game," by Winnie Richards
- ☐ How many

### EAGLE REGALIA (70)

- ☐ Catalog of Trophies, Medals, Emblems

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- ☐ Rules Booklets for Badminton, Deck Tennis, Shuffleboard, Table Tennis, Bat Tennis

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- ☐ Information on Swiss Stop Chronograph

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- ☐ Information on V-Front Cup Supporters

### JUNEMAN CORP. (38)

- ☐ Booklet, "Badminton and Tennis Strokes"

### K. & P. ATHLETIC (63)

- ☐ Information on Daw-Metal Crossbars

SEE PAGE 72 FOR OTHER LISTINGS AND FORM FOR SIGNATURE

# MASTER COUPON

(See page 71 for other listings)  
(Numbers in parentheses denote page  
on which advertisement may be found)

## KAHN, ARTHUR (67)

- ☐ Addresses of Nearest Uniform Makers

## KANDEL KNITTING (63)

- ☐ Information on Award and Class Sweaters

## KERRIGAN IRON (62)

- ☐ Details on Factory-Built, Low-Cost Grandstands

## KING SPORTSWEAR (59)

- ☐ Information on Football Uniforms and Protective Equipment

## LAYBURN CO. (70)

- ☐ Information on Gym and Playground Apparatus

## LEAVITT CORP. (49)

- ☐ Information on Bleachers and Grandstands

## LINEN THREAD

(Inside Front Cover)

Full Information on

- ☐ Tennis Nets ☐ Goal Nets
- ☐ Protection Nets
- ☐ Gym Dividing Nets
- ☐ Baseball Batting Cage Nets

## McARTHUR & SONS (58)

- ☐ Information on School Towel System

## McLAUGHLIN-MILLARD

(Inside Back Cover)

- ☐ Catalog on Adirondack Baseball Bats

## MARBA, INC. (32)

- ☐ Equipment on Athletic Equipment Reconditioning

## MARCH AUTOMATIC IRRIGATION CO. (69)

- ☐ Booklet on Irrigation System for Athletic and Football Fields

## MASTER LOCK (63)

- ☐ Information on Key Controlled Combination Locks

## FRED MEDART (25, 41)

- ☐ Book, "Physical Training, Practical Suggestions for the Instructor"
- ☐ Catalog on Telescopic Gym Seats, Steel Lockers
- ☐ Information, Acromat-Trampoline
- ☐ Catalog on Basketball Backstops, Scoreboards

## MISHAWAKA RUBBER (39)

- ☐ Booklet on Basketball Footwear

## MUTUAL LIFE (16)

- ☐ Booklet, "The Career for Me"

## NADEN & SONS (68)

- ☐ Catalog on Electric Scoreboards and Timers

## NATIONAL SPORTS (38)

- ☐ Catalogs: Bases, Mats, Rings, Training Bags, Wall Pads, Pad Covers

## NISSEN TRAMPOLINE (53)

- ☐ Booklet, "Tips on Trampoline"

## NORWICH PHARMACAL (4)

- ☐ Information on and Test Supply of NP-27 Athlete's Foot Remedy

## O-C MFG. (60)

- ☐ Information on V-Front Apex Supporters

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- ☐ Catalog on Racing Trunks, Diving Trunks, Terry Robes, Kicka Boards, Swim Fins

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- ☐ Information on Flying Fleece Recreation Balls and Light Medicine Ball

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- ☐ Catalog on Football Uniforms and Protective Equipment

## PENNA. RUBBER (35)

- ☐ Catalog on Athletic Balls
- ☐ Technical Books on Tennis, Basketball, and Football
- How many

## POSTUM (47-48)

- ☐ 20 Introductory Samples of Postum for Track and Gym Athletes
- ☐ Training Table Menus for Team Members
- How many

## RAWLINGS MFG. (3)

- ☐ Catalog

## RED FOX (20)

- ☐ Information on Football Nylon Featherweight Football Pants

## REMINGTON ARMS (52)

- ☐ Instructor's Manual on Operation of a Rifle Club

## REVERE ELECTRIC (40)

- ☐ Sports Lighting Catalog

## RIDDELL, JOHN T. (6)

- ☐ Information on Suspension Helmets, Shoes, Balls, Track Supplies

## SAFFLAY PRODUCTS (46)

- ☐ Information on New Spike for Anchoring Baseball Bags

## SIDLINGER PRODUCTS (49)

- ☐ Information on Trampoline Bounding Bed

## SOLIN SPTG. GOODS (71)

- ☐ Catalog and Fabric Samples of Baseball Uniforms

## SPALDING & BROS. (1)

- ☐ Catalog
- ☐ Sports Show Book

## SPORTBOOKS (71)

- ☐ List of Available Rare, Out-of-Print, and New Books

## STEWART IRON (24)

- ☐ Information on Fences and Metal Specialties

## UNIVERSAL BLEACHER (56)

- ☐ Typical Floor Plan for Gym Seating

## WYETH (45)

- ☐ Literature and Display Poster on Athlete's Foot Control

# ADVERTISERS INDEX

ADAMS STATE COLLEGE	65
AMERICAN HAIR & FELT COMPANY	61
AMERICAN PLAYGROUND DEVICE COMPANY	51
AMERICAN WIRE FORM COMPANY	70
ASSOCIATION FILMS, INC.	54
ATLAS ATHLETIC EQUIPMENT COMPANY	61
AWARD INCENTIVES, INC.	54
BECTION, DICKINSON & COMPANY	33
BIKE WEB COMPANY, THE	21
BRAM CHEMICAL COMPANY	70
BRESNAHAN, GEORGE T.	70
BUTWIN SPORTSWEAR COMPANY	44
CASTELLO FENCING EQUIPMENT	66
CEDAR KRAFT COMPANY	34
CHAMPION KNITWEAR COMPANY	67
COLORADO COLLEGE	43
COURTLEY, LTD.	15
CROUSE-HINDS COMPANY	31
DANIELS, C. R., INC.	46
DAYTON RACQUET COMPANY	69
DOLGE, C. B., COMPANY	40
DUNLOP TIRE & RUBBER CORPORATION	70
EAGLE REGALIA COMPANY	64
EASTERN BASKETBALL CLINIC	64
EASTERN PENNSYLVANIA COACHES ASSN.	44
GENERAL SPORTCRAFT COMPANY	2
GILLIS, GEORGE, SHOE CORPORATION	40
H. & R. MANUFACTURING COMPANY	30, 70
HAND KNIT HOSIERY COMPANY	59
HANNA MANUFACTURING COMPANY	17
HILLERICH & BRADSBY COMPANY	37
HOGGMAN RUBBER COMPANY	29
HORN BROTHERS COMPANY	64
HUSSEY MANUFACTURING COMPANY	4th Cover
IDAHO STATE COACHES ASSOCIATION	70
IVORY SYSTEM	19
JEWELBOX	38
JOHNSON & JOHNSON	63
JUNEMAN, E. P., CORPORATION	67
K. & P. ATHLETIC COMPANY	63
KAHN, ARTHUR, COMPANY	62
KANDEL KNITTING MILLS	59
KERRIGAN IRON WORKS, INC.	70
KING SPORTSWEAR	49
LAYBURN, BRADLEY M., COMPANY	2nd Cover
LEAVITT CORPORATION	23
LINEN THREAD COMPANY, INC.	58
MacGREGOR GOLDSMITH, INC.	3rd Cover
McARTHUR, GEORGE, & SONS	32
McLAUGHLIN-MILLARD, INC.	63
MARBA, INC.	25, 41
MARCH AUTOMATIC IRRIGATION CO., THE	39
MASTER LOCK COMPANY	65
MEDART, FRED, PRODUCTS, INC.	16
MISHAWAKA RUBBER & WOOLEN MFG. CO.	68
MURRAY STATE COLLEGE	38
MUTUAL LIFE INSURANCE CO. OF N. Y.	53
NADEN & SONS ELECTRIC SCOREBOARD CO.	4
NATIONAL SPORTS EQUIPMENT COMPANY	60
NISSEN TRAMPOLINE, THE	68
NORWICH PHARMACAL COMPANY, THE	70
O-C MANUFACTURING COMPANY	55
OCEAN POOL SUPPLY COMPANY	66
OHIO HIGH SCHOOL COACHING SCHOOL	35
OREGON WORSTED COMPANY	65
O'SHEA KNITTING MILLS	47-48
OZARK BASEBALL CAMP	3
PENNSYLVANIA RUBBER COMPANY	20
PENNSYLVANIA STATE COLLEGE	52
POSTUM	40
RAWLINGS MANUFACTURING COMPANY	6
RED FOX MANUFACTURING COMPANY	46
REMINGTON ARMS COMPANY	49
REVERE ELECTRIC COMPANY	71
RIDDELL, JOHN T., INC.	1
SAFFLAY PRODUCTS COMPANY	66
SIDLINGER PRODUCTS COMPANY	24
SOLIN SPORTING GOODS COMPANY	66
SPALDING, A. G., & BROS.	26-27
SPORTBOOKS	56
SPRINGFIELD COLLEGE	66
STEWART IRON WORKS	66
TEXAS HIGH SCHOOL COACHES ASSOCIATION	66
UNITED STATES RUBBER COMPANY	66
UNIVERSAL BLEACHER COMPANY	66
WEST CENTRAL PENNSYLVANIA COACHES ASSOCIATION	66
WEST VIRGINIA UNIVERSITY	66
WYETH, INC.	45

NAME \_\_\_\_\_ POSITION \_\_\_\_\_

(Principal, coach, athletic director, physical director)

SCHOOL \_\_\_\_\_ ENROLLMENT \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_

No coupon honored unless position is checked

April, 1950



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selected, straight-grained, air tempered timber to insure you of a perfectly balanced bat that will flex up to 3" on impact. That flexing action means longer, sizzling drives.

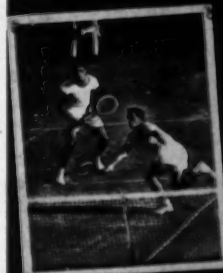
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